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### THE COVER



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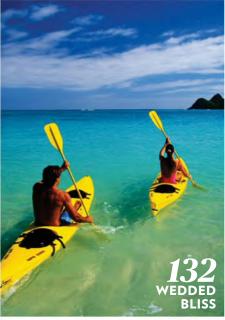
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# fitness

What's got you excited for spring?

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"All the flowers coming out."

"Tulips,

short skirts

and the start

of gelato

season!"

"Picnics

in the park,

early morning

getting back in the pool."

"Putting my hot-water bottle back into storage. Farewell, my friend."

"Being able

to feel my

fingers again before 2pm."

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### PUBLISHED BY WOMEN'S FITNESS MEDIA PTY LTD

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Flip to page 28 to see our panel of pros answer vour Os

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# Hello!

### I'VE BEEN COUNTING DOWN TO SPRING SINCE ABOUT MAY 4.

Not that I haven't enjoyed everything this winter has offered me - like, rain-damaged GHD jobs, bus trips home from work in the dark, and winds that blow my winter skirts up over my head - but for me, there's nothing quite like the fresh start that spring brings. When the calendar flips to September 1, there's suddenly a notable change to my moods, actions and intentions. And what I intend to do? Whip out my legs, sans tights and wind.

The shedding of said tights and other winter paraphernalia kinda changes your fitness intentions, too. For the most part, we're sweating it out to be the fittest, healthiest versions of ourselves. But with the allure of warm days and all they have to offer (bring on the swimming, bike rides and stand-up paddle boarding) comes the aspiration to look and feel, well, as hot as the impending sun.

I won't judge. In fact, I'll encourage you to head straight to "The great spring shape-up" workout on page 48 if stepping up the prep for the bare-skin season is your objective. Or, if your primary motive is to take those legs of yours to Tone Town,

then the "Legs for days" workout on page 72 is going to get your heart racing (literally!).

Isn't it funny how the simple change of seasons inspires you to refresh your exercise routine and set crazy new goals? I say we just take that renewed spirit and run with it. Go on, tackle a new challenge (ever wanted to attempt a triathlon? Beginners, I suggest you flick to "Tri it on" on page 68), or sign up for something that will boost your commitment to fitness - ahem, may I present our cool/awesome/exciting new collab with WF's resident PT Libby Babet that goes by the name of WFX BUF. Think a fun-filled six-week fitness program that you can do in your very own digs (so kind of you, internet). Once you've read our hilarious writer Jaymie's account of her journey with the program ("How I got buff online", page 62) you'll be heading straight to womensfitness.com.au to sign up.

While you're there, stick around to browse our shiny new website - if you want more fitness, food, wellness and style (on the daily), then you'd best be bookmarking this new member of the WF family.



This, combined with all that we're offering up in the issue, will hopefully put a spring in your step. We made it through winter, you guys, so that's one challenge already ticked off the list.

Enjoy the issue!



Samera Kamaleddine **Editor** 

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# Best of the rest



### **SPEED WORK**

This month I travelled to 'Tracktown, USA' to test my speed at the Nike Zoom Camp. Did I come back a faster runner? Find out on page 52.



### STYLE UP SPRING

Meet your new-season wardrobe staples on page 120. I'm crushing on this orange mesh tank. Come on, pay day!



### **GETTING HITCHED?**

Our bridal boot camp on page 77 is going to get you fit for the big day. Forget your first dance moves, these are the real moves you need to learn.

## **Your** say







# Insta-love

We love seeing how you read Women's Fitness...





### OUR FAVE PIC OF THE MONTH!

Thanks for sharing your snap, @my\_time\_with\_you! You've won a Yes To Carrots beauty pack, valued at \$88.70, to help keep your skin and tresses in tip-top shape.









Enjoying the new issue? Tag #wfloves and #womensfitnessmag! Plus, follow us

@womensfitnessmag for healthy inspo and to catch up with the WF team. 💥







Tetley® 100% Steamed Green Tea is made differently to most other green teas, which are roasted. We gently steam the tea leaves to capture their brightness and healthy taste – just like steaming veggies. Our pyramid infuser bag gives the tea plenty of room to swirl and brew. The result is a refreshing, delicious drink with all the antioxidants you expect from green tea.



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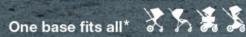
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MILANI

Tara kept her

shorts in check

# Sunny side up

It's not always easy to look on the bright side of life, but if you can, you might just end up with more dollars in your savings account. According to a study by German researchers, people with a cynical outlook earn up to \$400 less than people who trust their peers and try to see the best in others. If you're not in it for the money, scientists also noted that cynicism is linked to poorer psychological wellbeing and physical health, too. We'll take a walk on the positive side of life, thanks. Mi



# September FITDIARY

Here's where we'll be breaking a sweat this month. See you there!

# 4th\_6th Flinders Island Running Fostival Tax

Runners, treat yourselves to a long weekend of fitness. Cruise through a 5km fun run, before putting your endurance to the test the following day in a 52km ultra-marathon or 26km run/walk - and enjoy the coastal views! flindersislandrunning.org





### Market Week, Vic

Hop down to the Prahran, South Melbourne, Queen Victoria and Dandenong yoga, anyone?), cooking demos and live music. marketsofmelbourne.com.au

Immerse yourself in the rugged outback of the Kimberley as you swim, cycle, run and paddle your way through this exciting course. Tag-team it in the relay or set out on your own to conquer the solo trek. lakeargyleadventurerace.com.au



# The Stampede, Qld

Round up your mates and head an hour out of Brisbane to Woodford for a day of mud crawls, slip and slides, cargo nets and live wires. Smash the 5km or 10km course, then head to the afterparty for a (well-deserved) cold drink. thestampede.com.au

### 11th-13th Fitness & Health Expo, WA

Keen to get the lowdown on all the latest fitness trends and learn how to boost your wellbeing? Make tracks to the Perth Convention and Exhibition Centre for this two-day expo. Check out exercise demos from The Biggest Loser trainer Steve 'The Commando' Willis and, if you're game, give the Fittest Female Challenge a try. fitnessexpo.com.au

# 12<sup>th</sup> Myall Classic, NSW

Spend your Saturday out on the water and show your mates just how good you are with a paddle. Cruise along the Myall River for 12km or push yourself on the 47km course - trust us, the spectacular scenery is worth the burn! paddlensw.org.au

### 20th The Kowalski Classic, NSW

Get your wheels ready -East Kowen Forest is calling for the ultimate mountainbiking challenge. Hit the single-track trail in the 100km Full Kowalski or keep it short and sweet in the 25km Quarter – either way, your thighs will thank you for it (eventually). selfpropelled.com.au



# 2th\_13th

### Flight Centre Active Travel Cycle Epic, Qld

Skip another weekend on the couch and score a full-body workout sweating through this 87km cycling marathon. Not up for those kind of Ks? Give the 20km track a go or get those legs workin in the 11.5km trail run. cycleepic.com

Know of a great event coming up? Send us an email at mail@womensfitness.com.au

or tell us how you went at one of these activities at **f womensfitnessaustralia** 

# Ouick

Enjoy a healthy body and mind with the latest in good living

# #1 Wait it out

Looking forward to a European vacay that still feels like it's forever away? If you want to speed up the agonising wait, try thinking about time in days rather than months or years. A study published in Psychological Science found that people perceived an event to be closer if it was measured in, say, 90 days instead of three months. And that's not all - during a follow-up study,

researchers found that this trick helped people spring into action to prepare for an upcoming event sooner, because it made them feel more connected to their future self. Now, how long till you start packing?

**#2** Kit refresh

Update your workout wardrobe with these new-season buys



IANUARY

Dion Lee for Target crop top, \$39, target.com.au



Running Bare water bottle with filter, \$49, runningbare.com.au



Cotton On Body jogger shorts, \$19.95, cottonon.com

# #3 Third limension

You don't need to convince us about the perks of watching a movie in 3D (ahem, Chris Evans' biceps in an extra dimension...), but apparently it's great training for your mind. UK neuroscientists measured the brain activity of cinema-goers while they watched a film in 2D or 3D and found those who donned the 3D goggles experienced a 23 per cent rise in brain function, compared to 11 per cent among regular movie viewers. Researchers are hopeful these findings may help to prevent cognitive decline in the future.



help you feel supported, but also give you a sense of purpose. BRB... Just signing up to the *Magic Mike* Appreciation Society.

# <u>#5</u> Try this... Green dream

Freshen up from the inside out with a revitalising smoothie

### You'll need:

- \*1 cup coconut water
- \*\*¼ cup lemon juice
  - 👫 1 handful kale
  - \*3 mint leaves
  - \*\*½ cucumber

Toss all the ingredients in your blender, blitz, pour and enjoy!



# #6 Hello, kitty

It's official: cat videos are good for your health. For real. During a recent US study, the coolest scientists ever asked a bunch of people how often they watched cat vids and how they felt afterwards. To nobody's surprise, the volunteers felt happier after a kitten therapy sesh, but researchers also discovered that people had more energy post-viewing and experienced a decrease in negative emotions, such as annoyance and sadness. Oh, and if you're feeling bad about procrastinating by searching for cute cats on YouTube, don't. Researchers

reckon taking a break to watch the little fur balls may actually help you tackle a tricky task afterwards.





Calling your pizza guy might sound like a no-brainer after a miserable day, but according to US researchers, your comfort foods are probs just making things worse. During a recent study, scientists found that people who eat foods high in trans fats (we're looking at you, deep-fried onion rings) experience more bad feels and aren't so great at controlling their emotions compared to those who pass on junk. Stuck for healthy alternatives? Swap your slice of cheese supreme for one of our happy meals on page 88.

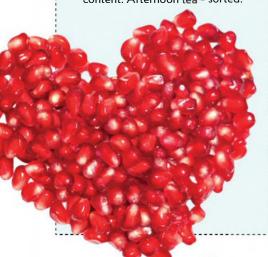


# #10 White noise

Next time you find yourself watching Jimmy Fallon lip sync battles instead of working, try adding a few nature tracks to your office playlist. US researchers say natural sounds, like water flowing down a mountain, can improve your productivity by masking distracting background noise. If you want to give it a try, download the White Noise Box app (free, iTunes) and find your (work) flow.

# #9 Power couple

Keeping your ticker in good form should be priority number one for us Aussies (since heart disease is our biggest killer) and now Israeli scientists have discovered a winning food combo that could make that a whole lot easier. A study published in Food & Function found that drinking half a glass of pomegranate juice and snacking on three dates (yep, only three) every day can help keep your arteries healthy, thanks to their impressive antioxidant content. Afternoon tea = sorted.



# #11 Sleep easy

Want to bank some serious zzzs tonight? Step away from the iron and press those shirts another time. While a bit of physical activity (like a 10km run or a yoga sesh) can do wonders for your shut-eye, housework tasks can actually disrupt your sleeping pattern, according to scientists from the University of Pennsylvania. We're not suggesting you avoid all of your chores (that'll only lead to more stress down the track), but if you're lacking



# Keep calm

If you're a fan of kombucha, kimchi, sauerkraut or miso soup, chances are to Zen City. According

Thanks to their stores of probiotics, fermented goodies feed gut-friendly Note to self: buy kombucha.

**WE LOVE** Organic & Raw Mojo Kombucha Original, \$4.50, dynamicorganic.com.au



a cheeky treat instead.

If you're still not nuts about, er, nuts, new research from the Netherlands might be about to change your mind. A study published in the International Journal of Epidemiology found that snacking on a handful of nuts (10g worth, to be exact) can significantly slash your mortality rate by decreasing your risk of cancer and diabetes as well as brain, lung and heart disease. Researchers weren't entirely sure why the nuts had such a big impact, but they suspect it's got a lot to do with all those antioxidants, vitamins and essential fatty acids. Unfortunately, you won't get the same effects from eating a spoonful of peanut butter (thanks to the added salt and saturated fat), so save the sweet spread for



# #15 September inspiration

Running (spotify.com)
Never press skip during
your run again with this
nifty new feature on Spotify.
Take your pick from a list of
playlists, start moving, then
the app will adjust the tunes
to suit your tempo. Sweet!

CLICK: Anamaya (\$2.49, iTunes)

Created by psychologists, meditation gurus and tech experts, this brain-training app will help nix stress and improve your motivation, self-acceptance and anxiety.

READ: Art Before
Breakfast by Danny
Gregory (Chronicle Books,
\$29.95) Dust off the pencils
or whip out a paintbrush and
unleash your creative side
no matter where you are (or
how much time you have)
with these guided exercises
and handy expert tips.

watch: How kids react when adults drop wallets in front of them What do you get when you mix a group of unsuspecting kids with a hidden camera? This super-cute vid. Check it out on YouTube and

have your faith in human kindness restored.



but before you go blaming the change in weather for your sniffles, you might want to take a closer look at your office.

In the UK, a report found that more than 5 million people could be allergic to their workplace, and here in Australia, the big sneeze is hitting just as hard. According to a study by the Australasian Society of Clinical Immunology and Allergy, the rising rate of allergies costs our economy more than \$7 billion each year due to time off work, low productivity, medical costs and lower employment rates.

Allergies are your body's immune response to a usually harmless substance, and according to Dr Larry Kalish, ear, nose and throat surgeon from the Sydney Sinus and Allergy Centre (sinuscentre. com), they're rife in Australia. "Around 25 per cent of adults have allergies," he says, "and our offices aggravate them."

You may not even realise you have an

allergy - after all, the symptoms are pretty similar to that of a common cold (think sneezing, itchy eyes and a blocked or runny nose). Doctors refer to this as allergic rhinitis - put simply, it's inflammation of the inside of the nose, and even though it sounds innocuous, it can have a major effect on your quality of life.

# Office offenders

It turns out, the typical office environment isn't ideal for anyone's airways, but if you have an allergy, it's a minefield. The main workplace culprits setting off your sensitive nose and eyes? Air-conditioning, harsh cleaning chemicals, dust, artificial light and your colleagues' liberal use of spray deodorants and perfumes.

"If you arrive in an office with an

allergic nose, it's significantly aggravated by things like air-conditioning and dust," explains Dr Kalish. "The way our nose works is that we're trying to warm and humidify the air as we breathe, and everybody's nose responds to the environment. If you're not allergic it won't bother you, but if you arrive in your office with a hyper-sensitive nose, then the air-conditioning, your neighbour's perfume, the dust on the old staff sofa will make it so much worse."

Even your colleagues' pets can be triggering a reaction - they may not bring their moggy or doggy to work, but a smattering of pet hair on their clothes could be enough to set you off with a bout of sneezes and streaming eyes.

Not everyone suffers from allergies to the same degree, but if you are struck with a few of those icky symptoms, it can

20

# **MORDS** PENNY CARROLL **PHOTOGRAPHY** GETTY IMAGES; THINKSTOCK

## "The typical office environment isn't ideal for anyone's airways, but if you have an allergy, it's a minefield"

seriously mess with your sleep patterns and your ability to focus at work. "A big problem with allergy is 'presenteeism', which is a term to say 'I'm at work, but I can't concentrate'," explains Dr Kalish. "If you haven't slept through the night, your nose is blocked and your head is pounding, how can you work?"

### Work it out

Quitting your job might be tempting but it probably isn't the most realistic course of action - after all, a different office may trigger the same allergic reactions. The sad fact is (and brace yourself, because this may hurt), "You cannot avoid dust, you cannot avoid pollens, you cannot avoid stimulants," says Dr Kalish.

Your mission then, is to work out your personal best combo of environmental measures and allergy treatments to fight back against nasty workplace triggers.

"The first step with allergies is to recognise it; notice that it could be an allergic response," says Dr Kalish. "The next thing to know about allergies is that the best way to manage the simplest of allergies is with an oral antihistamine. For good nasal health, I always tell people to use salt water washes, first thing in the morning or at the end of the day, to clear any allergens in your nose. Try an oral antihistamine if you just have intermittent symptoms. If you're really battling at work, you need a topical steroid [nasal spray], and if that's not working then you need to see your doctor and be allergy tested so you know what to avoid."

In the meantime, there are some changes you can make to your office that could help reduce your allergy triggers and make it a more pleasant space to work in! Aim to bring in as much natural light as possible and avoid air-conditioning, or alternate blasts of air-con with opening windows to allow fresh air inside instead. "However, if you're pollen allergic, you should check the pollen counts and close the windows!" advises Dr Kalish. "Also, make sure the cleaning staff are using quality vacuum cleaners and cleaning products that are environmentally friendly (the fewer chemicals, the better), and if you wipe things down, it should be with a wet cloth," he adds.

You might also want to consider investing in a few indoor plants to help oxygenate your workspace, and even try chatting to your colleagues about implementing a 'no overpowering deodorant or perfume' policy.

"It's the whole concept behind an environmental workplace," says Dr Kalish. "No artificial heating, natural lighting and a plant-based environment is better for you and will probably assist with everything, including allergies." M

# **Allergy-busting foods**

### We asked WF naturopath Belinda Kirkpatrick what to eat to when allergies hit



"Omega-3 fatty acids, aka fish oils, can help to balance the immune system making it less likely to 'overreact' to allergens. They also reduce inflammation, which makes symptoms less extreme.



### **CTHELIGHT**

"Vitamin C is a natural antihistamine - take 1000mg twice daily or include lots of foods containing vitamin C in your daily diet. Think orange, lemon, capsicum, strawberries and broccoli.



### **SWEET AS**

"If you react to pollen, try eating a teaspoon of local, untreated honey daily. It can help to desensitise you to pollen in the environment. But if it isn't local honey, you won't get the benefits."



### **DODGE DAIRY**

"Avoid dairy and processed wheat these foods can make mucus secretions thick and sticky and increase inflammation. Try almond milk and whole grains such as quinoa, brown rice and spelt."



### **SPICE IT UP**

"Add loads of garlic, onion, leek and ginger to your regular meals. They won't just boost flavour, they'll also help to break down mucus and keep your immune system strong."



### **ADD EXTRAS**

"During hay fever season, look for a supplement containing quercetin, bromelain and rutin - these plant bioflavonoids help to reduce the reactivity of the airways and histamine production."



### 1 Start sprinting

Love long, mind-clearing Sunday runs? They're great - but if you're always jogging in one gear, you're missing out on major body benefits. Mix up your runs with some interval work to amp up your speed and power. Doing sprint work also sends your metabolism into overdrive, which means you'll be torching fat at rest, too. Win-win.

### 2 Don't skip the warm-up

Spending some time warming up before you get into your daily circuit is crucial - it prepares you for the moves to come so you can give your workout your all (and smash extra kilojoules). Don't be tempted to skip it - take a few minutes to work through some dynamic stretches such as leg swings, jumping jacks and high knees.

### **3 Change your tools**

Always using kettlebells? Next time you're in the gym, pick up dumbbells instead. Love push-ups and tricep dips? Try them on the TRX. There's no need to ditch a workout you enjoy - doing similar moves with new equipment could be the upgrade you need to shock your body out of its comfort zone.

### 4 Muscle up

If cardio is your jam and you're neglecting strength training, get to grips with the

barbell. Big lifts such as squats and deadlifts will build lean muscle mass to rev up your metabolism, as well as mix up your workout. Already a keen lifter? Take a look at your load - you should be ready to add a little more weight every six to eight weeks to ensure you're progressing.

### 5 Lose your balance

Take your regular session up a notch by adding some instability to your workout. Do squats standing on a BOSU, push-ups with your feet resting on a stability ball, or squats with one leg lifted. And get ready to feel the burn!

### 6 Take a breather

Working out every day? Round of applause for you! Also, consider this permission to relax: your body needs downtime to repair and recover, and a plateau could be a sign that you need a break. Take at least one day off exercise a week to chill out and you'll be ready to kill it on your next session.

### 7 Eat a little fat

If you're playing dodgems with fat in an effort to look svelte in your skinny jeans, it's time to welcome some healthy oils back into your life. It'll ensure you're not running on empty and means you'll be far less susceptible to afternoon vendo visits. Consider oily fish, raw nuts and avocado quality fuel to burn.

# with pace

working harder is to vary the tempo at which you perform resistance exercises. For example, try taking four seconds to control the lowering phase of a move, while doing the upwards

### 9 Dial it down

Every four to six weeks, try to dedicate a whole week to 'de-loading'. This means performing your usual routine at a much lower volume and intensity. It'll force you to recover while you stay moving, which means you'll come back stronger, making a bigger impact on your results.

### 10 Keep a food diary

Aside from helping you stay on track with a healthy diet, keeping a food diary allows you to pick up patterns in your eating habits. If you notice that you're chowing down the same old chicken and veg regularly, aim to get more daring with your palate to keep your body guessing and your metabolism cranking. Hint: a little chilli is a great way to rev your engine! M



moisture loss. It's preservative free and can be used as often as needed to refresh dry and tired eyes. And it's suitable for use with contact lenses and eye makeup. Murine Eye Mist is available from your pharmacy.

Always read the label. Use only as directed. If symptoms persist, see your healthcare professional.

www.murine.com.au

# Bri Take a squiz at our quide to happy and healthy peepers

YOUR EYES ARE PRETTY

IMPORTANT. Without them, you wouldn't be able to appreciate the beauty of the Hemsworth brothers, read your favourite magazine (\*cough\* WF) or ogle at the Eiffel Tower - but how well do you take care of them? Between staring at your Instagram feed till 1am, poking them with your finger while you try (and fail) to pop on a contact lens and forgetting your sunnies on the brightest day of the year, your peepers put up with a lot. It's easy to think that eye care is something only your grandma has to worry about, but taking the right precautions while you're young can help keep them in good nick later in life.

If you're not quite sure how to show those baby blues, browns or greens some much-needed TLC, don't sweat it. We've got your eye care to-do list right here...

### **WEAR SUNGLASSES**

Shielding your eyes from sun damage is just as important as protecting your skin, says Stefan Mayer, optical dispenser at clearly.com.au. "UV rays are nasty characters. They can cause cataracts [clouding of the eye lens], and trigger growths and cancers to form, so it's important to always wear your sunglasses when you're outside."

Oh, and not just any old shades will do, either. Look for a pair with 100 per cent UV protection, and if you're going to be outdoors for a fair chunk of the day, opt for ones that wrap right around to block out as much glare as possible.

**BAG IT:** Joseph Marc sunglasses, \$89, clearly.com.au





### "While that game of Candy Crush is super-important, keeping your eyes on the prize isn't great for your peepers"

### **EAT SMARTER**

Munching on healthy food can help you stay in shape, boost your energy and protect your bod from a whole bunch of diseases, so it's no surprise that it can also up your eye health. Orange veggies like carrots and sweet potatoes are rich in vitamin A, which helps protect your retina, while bright fruits like berries are believed to reduce your risk of eye disease. According to Mayer, eggs, oily fish and leafy greens like spinach and kale can help keep your eyes moist and protect them against macular degeneration (aka, loss of vision). Add to cart, ASAP!

### KEEP IT NATURAL

You might want to press pause on your fake eyelash addiction. US researchers found that lengthening or shortening your lashes can dry out your eyes and allow more dust to enter, which leads to pesky irritation. Their advice? Keep them natural - or as long as one-third the width of your eye.

### START MOVING

Getting a daily dose of exercise won't just score you a toned bod - it could help to protect you from degenerative eye disease, too. According to a study in The Journal of Neuroscience, moderate aerobic exercise (like jogging) may put the brakes on agerelated vision loss, so lace up those kicks!

### **CLEAN YOUR CONTACTS**

"If you wear contacts, always wash your hands before applying or removing them - and never wear them for too long," warns Mayer. "Lenses that aren't regularly replaced can increase your risk of allergic reactions, inflammation and infections."

### SCREEN WISELY

Thanks to the rise of smartphones, tablets and laptops, just about everyone's quilty of staring at a screen for a little longer than they should. And while that game of Candy Crush is super-important (we know, you've been stuck on that level for three weeks now), keeping your eyes on the prize isn't all that great for your peepers.

'Your eyes become tired after working intensely for too long," explains Mayer. "When you look at a computer screen, or read small text on a smartphone, the muscles in your eyes are put under stress."

While eye strain isn't known to damage vision permanently, it can cause headaches, blurriness and loss of focus. To nip it in the bud before it becomes a problem for you, Mayer recommends you give your eyes regular rests by looking away from your screen every 20 minutes to focus on an object in the distance, and ensure the text size on your phone is large enough that you don't have to squint to read it.

# Tall tales

Think the TV is giving you square eyes? We set straight these age-old eye myths

### THE MYTH: SITTING CLOSE TO THE TV IS BAD FOR YOU

**The verdict:** False! "Sitting closer to the TV won't cause any damage," assures Mayer. "It can cause eye strain and back pain though, and it may be an indication that you suffer from short-sightedness."

### THE MYTH: SQUINTING LEADS TO POOR VISION

The verdict: Squinting actually enhances your focus. "It's an attempt to make the pupil smaller as you adjust your eyes to see clearly," explains Mayer. However, if you find you're squinting a lot, it could be a sign that you need glasses, so visit your optometrist to get your vision checked.

### THE MYTH: BIG SCREENS ARE BAD NEWS

The verdict: Size doesn't actually matter. You might get a little eye strain if you make a habit of staring non-stop at your larger-than-average computer or TV screen, but it won't cause anything serious.

### THE MYTH: YOU SHOULDN'T READ IN THE DARK

The verdict: Your eyes will have to work harder in dim lighting, but it's unlikely they'll suffer any long-lasting effects. Still, a lamp won't hurt. "Better lighting makes it easier to see, which means your eyes are under less stress," adds Mayer. M

### TRIED & TESTED: IRIDOLOGY

Beauty and features writer Jaymie Hooper has a truly eye-opening experience

The lowdown: Iridology is the practice of interpreting the colour and structure of the iris and pupil to better understand your emotional and physical health.

What happened: As soon as I sat down in the cosy office chair at Sydney Iridology, my practitioner, Mercedes Diverio, took some high-res images of my eyes and proceeded to blow my mind. Just by looking at my peepers (in particular their light, acid-wash blue colour), she could tell I like to

work hard, I worry (a lot) and that I care (perhaps a bit too much) about others.

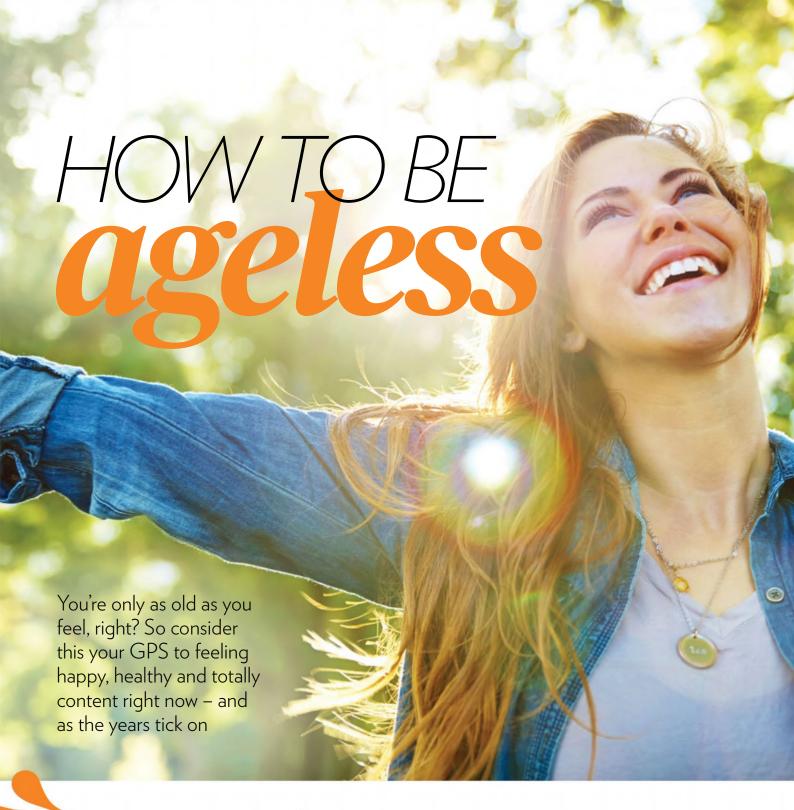
Because of this, she noted I have a tendency to overwork myself (um, quilty) and that I have an iron deficiency (ding, ding, ding!), so she told me it's important that I give my bod plenty of TLC and load up on the right supplements.

Thanks to the yellow ring around my pupil, Diverio knew all about my digestive issues (hey there, bloating and nausea), and informed me that my body prefers warm foods like cinnamon and soup rather than my usual daily smoothies and salads.

The verdict: Consider me converted! Iridology brought up a list of health issues that have been bugging me for a while (plus, a bunch of natural solutions), and made me realise I need to be mindful of a few hereditary issues in the future.

Find out more: Check out sydneyiridology.com.au

Are your eyes due for a check-up? Experts reckon you should visit an optometrist every two years, but if you notice anything unusual, make a beeline for the clinic, stat.



### **FACT OF LIFE NUMBER ONE?**

Ageing happens. But instead of slathering on anti-wrinkle creams and being shy about admitting how many candles decorated your last birthday cake, how about taking a different approach? Learn to celebrate your life at every age, and you'll radiate an inner confidence that's timeless.

"Getting older doesn't necessarily mean a decline in physical health or a slide into cultural irrelevance," says Dr Christiane Northrup, author of Goddesses Never Age (Hay House, \$19.99). "You can change your future by adopting an ageless attitude that will help you flourish physically and mentally."

Intriqued? We asked Dr Northrup for her secrets to growing ageless with grace...

# **\*Feel beautiful**

First up, recognise that 'beauty' isn't the same as 'young'. "In our ageist culture, even 25 year olds worry about one grey hair," says Dr Northrup. "Women reaching 30 panic about looking old. But what if you had no notion of what you're 'supposed' to look like on any milestone birthday? Forget about the number of candles on your cake, and your notions of beauty can change."

Work on resetting your definition of beauty and you'll open the door to a gorgeous future. "To be beautiful, a woman needs to be youthful and supple in mind and spirit," says Dr Northrup. "Then she has a beauty that radiates outwards."

TRY THIS: Make an empowering change, such as learning a new skill (French classes, anyone?) or ditching a habit that drains you. "This can make you look healthier almost instantly. There's nothing more beautiful than deep contentment and happiness," says Dr Northrup. "When you're happy, people don't notice the lines on your face. They're seeing your sparkling eyes as you laugh."

# \*Practise mindful pleasure

"To be ageless, learn to truly feel pleasures when you experience them," says Northrup. "If you're going to have chocolate cake, buy



and play relaxing music. Enjoy spending time in the piece of paradise you've created.

## \*Develop inner peace

Look for the positives everywhere, advises Dr Northrup, and avoid overdosing on news. "The body and its nervous system have not evolved to tolerate the daily onslaught of bad news and emotionally traumatising information in the mainstream news," she says. "Remember that for every depressing news story, there's an uplifting one." TRY THIS: If you feel stressed, worried or sad, there's no better antidote than laughter. Even if you don't feel like it, watch your fave funny YouTube clip or sitcom. Laughter can be as powerful as meditation.

\*Let it go
Holding onto past hurts can be ageing, says Dr Northrup, so learn to release them and move on. Not sure what's holding you back? Keep a journal. "They're an excellent tool for helping you reflect on life," says Dr Northrup, "which is important when you consider how much pressure women

"When you're happy, people don't notice the lines on your face. They're seeing your sparkling eyes as vou laugh"

or make the best possible quality, sit in a comfortable place and slowly savour it."

Notice all the small ways you can find pleasure in your day-to-day life: Walk barefoot on the grass and wear a beautiful fragrance, even if you're not going out. "Delight in tastes, smells, sights, sounds and tactile sensations such as the pressure of a massage or the light touch of a soft fabric against your skin," suggests Dr Northrup. "When you feel good inside your clothes, it shows in your attitude and your mood." TRY THIS: Turn your bedroom into a sanctuary. Keep it tidy, splurge on bed linen and use high-quality essential oils or candles to give it a beautiful scent,

are under to keep their focus on everyone except themselves."

Buried emotions, including painful ones, often reveal themselves in dreams, so write down any dreams that provoke a strong feeling in you. Looking at these thoughts could help you understand yourself - and your past hurts - better. TRY THIS: Write a letter to someone who has hurt you, suggests Dr Northrup. Don't hold back - let the words flow. Then tear up the letter and have a long, relaxing soak

in an Epsom salts bath. When you pull the plug, imagine all that hurt and negativity draining away with the water.

## \*Reach out

"Having a community of support is a primary way to help you release fear, anger and grief, and develop a greater sense of safety, happiness and optimism - and to keep you healthy and ageless," explains Dr Northrup. "Social isolation and loneliness are a major health risk."

If you're not in a relationship and don't have family or close friends nearby, it can be hard to feel connected. Reach out to others to share in experiences with you - this might also mean spending less time with those who are a drain on you and making connections with new, life-enriching people.

TRY THIS: Organise a girls' night out (or in). Don't burden yourself by setting up too many expectations for the evening - be happy, relaxed and spontaneous. The only agenda is to have fun.

# **\*Enjoy eating**

If you've spent your adult life watching your weight, your relationship with food is likely to be a fraught one. To nurture a healthier approach to food, aim to nourish your body when you eat.

"Improving your diet is one of the most powerful reset buttons available," explains Dr Northrup. Focus on whole, natural, fresh foods and count nutrients rather than kilojoules. Make a habit of it and you might find you automatically want to avoid junk foods.

TRY THIS: Really savour the food you eat. Take care as you plate it up and eat slowly, enjoying every bite.

## \*Love moving

Dr Northrup emphasises the importance of fun and enjoyment when doing exercise. "When you were a child, no one had to push you to exercise. In fact, it was just the opposite. You moved joyously in your body, and had energy to burn," she says.

To take your fitness routine back to that happy place, exercise with freedom in mind. Dancing makes a great cardio workout, and improves coordination and mood. Plus it's sociable, so it doesn't feel like exercise. TRY THIS: Dr Northrup's 'Pretend You're a Cat' exercise is a playful way to give your muscles a mini-workout, any time of day. "Stretch like a cat. Yawn like a cat. And really notice how great it feels to tense your muscles as you stretch," she says. ™



# Ask our experts...

Got a problem that requires professional advice? The WF team sorts out your health and fitness issues

# **Q**"When it comes to weight training, should women ever follow the same program as men?"

It depends on the fitness and aesthetic outcomes you want to achieve. Weight training is an incredibly effective way for women to build lean muscle tissue, lose body fat, strengthen bones and even improve skin radiance! But just as blokes take individual approaches to their fitness routines, so too should us girls.

Variety and intensity are key to getting all the benefits of weight training, without adding bulk. Move your body through different planes of motion (sagittal, frontal, transverse, ground-tostanding), with a range of stimulus (body weight, free weights, TRX, cables, balance trainers), as

well as varied time under tension and rest.

Make sure there's an element of intensity to your sessions and complement your weight training with a cardio program, as well as some flexibility and release work to create length and help you move more efficiently, without injury.

I'd also suggest ditching machine weights that target isolated muscle groups (boys seem to love these). Unless there's a specific reason for it, why do your workouts sitting or lying down when there are more functional movements you can do on your feet, which will burn more kJs and make sure your body is working as a whole?

Q "When I go upside down in yoga I can't breathe through my nose. Why does this happen?"

Being inverted challenges the lungs, ultimately making them stronger and capable of maintaining higher vital capacity. It also makes it nearly impossible to breathe shallowly: because of the increased pressure, chest breathing is difficult, and you can find it almost automatic to engage diaphragmatic breathing with a low-belly release. Before going upside down, try some breathing exercises to increase your lung capacity.

Alternate nostril breathing will help to create more balance between both of your nasal passageways. This technique can help to clear old air out of the lungs and release toxins from the chest. Try practising a few rounds for a few minutes each day.

"I've started taking a daily multivitamin and it's making me feel sick afterwards. Should I keep taking it anyway?"

Multivitamins, especially those containing high levels of synthetic B vitamins, can cause nausea, dizziness and flushing. Firstly, it's important that multivitamins are taken with a decent breakfast (a coffee or apple is not sufficient!). Secondly, look at the type of vitamin you're taking – some over-the-counter brands are filled with extras, known as excipients, that can make you feel unwell. It's also a good idea to look for activated forms of B vitamins where possible.

Vitamin intolerance can mean you need to proceed more slowly or work on healing your digestive system first. Try taking a smaller dose in the middle of a meal and increase it slowly.

If these tips don't help, see a naturopath to prescribe vitamins that best suit your needs.



**Q** "Why *shouldn't* I remove gluten from my diet?"

A gluten-free diet might be trending right now - and for people with coeliac disease or gluten sensitivity, removing gluten is a must - but for the rest of us, a glutenfree diet is not healthier or necessary.

Gluten is a protein found in wheat, rye, barley, triticale and oats, and while many people think going gluten-free will help with weight loss, in actual fact unwanted weight gain could occur. Gluten adds texture and flavour to food, and when it's removed from a product, manufacturers have to come up with a way to compensate for these properties and they do so by adding in fat, sugar or sodium.

Gluten itself doesn't offer amazing nutritional benefits, but many wholegrains that contain gluten do. These foods are rich in B vitamins, iron, fibre and zinc, and removing them from your diet can lead to nutrient deficiencies if dietary intake isn't well planned.

Additionally, many gluten-free products are more expensive, making eating gluten-free an unnecessary expense for those who don't have a medical reason for ditching it.



# How can I rid myself of nervous tics with kinesiology?"

This is a complex question with no one-solution answer. There can be a number of causes for nervous tics, so working with them requires a holistic approach.

Tics are often triggered or worsened with stress, fatique and anxiety, so it's important to address these factors. In traditional

Chinese medicine, tics can be associated with different patterns of Qi flow disharmony. Working with a kinesiologist could address these, as well as decrease sympathetic nervous system activity.

As tics can be triggered environmentally, I'd suggest looking at areas like diet (including allergens, additives and stimulants), chemical exposure and moulds for triggers. This may involve eliminating certain foods and chemicals from the diet and the environment (including household cleaners, personal products and electromagnetic frequencies) and tracking any changes. A supervised supplementation, gut healing and detoxifying program can also help.

# **2** "What is a chiropractic adjustment? What are the signs I might need one?"

A chiropractic adjustment is where a chiropractor applies specific force to a fixated or 'locked' joint in order to improve the movement of that joint.

Adjustments may be done by chiropractors using their hands, special drop tables or very gently using a hand-held instrument called an activator. Some adjustments will create a cracking or popping sound but contrary to popular belief, that sound is not bones cracking or cartilage popping - it's actually a pressure change in the joint that causes the fluid surrounding the joint to move into a gaseous state.

Chiropractors believe that by aligning the spine and joints and removing pressure off the nervous system, the body can do what it was designed to do: heal itself.

Absolutely anyone can benefit from chiropractic care as the entire body is controlled by the nervous system. However, signs that may lead you to seek the help of a chiropractor include neck and back pain, headaches. migraines, shoulder/hip/ knee injuries, muscles spasms or tightness, disc injuries, repetitive strain injuries (like carpal tunnel syndrome), sports injuries (such as torn hamstring or shin splints), tendonitis, scoliosis (curvature of the spine), jaw pain and postural issues. M



Got a health and fitness question for us? Our experts are patiently standing

by to tackle your issue. Just email your query to mail@womensfitness.com.au

# Fitscopes

Wondering how your September will shape up? Orli Lysen reveals all

### Aries

21 MARCH - 20 APRIL

You have the best stars ever to get a supersculpted, super-healthy bod, so it's out with the old and in with the new you. Your dedication may bewilder those who see you as consistently inconsistent but they, and you, will love the results. Your career gets back on track now, and so does romance.

### **Taurus**

21 APRIL - 21 MAY

You can make huge strides forward this month, especially with fitness, after weeks of feeling stuck. It's not about having to do something, it's about wanting to. Home life also gets harmonious after recent upheavals and confusion, so clear out any inner resistance and rethink your take on love.

### Gemini

22 MAY - 21 JUNE

Fulfil a dream this month or, if one plan isn't working out, make a new one that will. Family and friends aren't there to hold you back, and only you can make decisions about love and money, so go for it. Working out may have felt tough recently but others will be in awe at what you've achieved.

### Cancer

22 JUNE - 23 JULY

What's working for you at work, and what's not? Take time to review your options if your career is messing with your love life. Acquiring new skills could really take you places this month so be open to new ideas, especially with fitness. But avoid getting obsessive - know where to draw the line!

### Leo

Venus helps you hit fitness and beauty goals more easily this month, but it's not just about looking good. Valuing yourself for who you are rather than what others think you're worth is crucial. A friendship or plan could go off kilter, so rethink your approach to both before calling it a day.



24 AUGUST – 23 SEPTEMBER

With a new moon eclipse and motivator Mars in your sign, there's no stopping you achieving what you want this month! Jupiter puts luck on your side, but consider a smart rethink of your money options to make the most of this influence. Life gets adventurous, so aim to include this element in your fitness routines - you'll get the results you desire with added enjoyment. Love may seem elusive now, but it'll be worth the wait.

### Scorpio

24 OCTOBER - 22 NOVEMBER

Consider revamping your fitness regimen as anything new you start this month has a greater chance of success. Friends add extra motivation, even if you usually prefer to fly solo. And if you haven't been feeling the love at work, things begin to turn around beautifully in your favour.

# Sagittarius 23 NOVEMBER - 22 DECEMBER

The fun doesn't have to end now that sensible Saturn's back in your sign, but you might find you actually want to get more serious about career, cash and cardio! Rethink your 'big picture' dream, so you can put plans in place for where and how you want life to be two years from now.

# Capricorn 23 DECEMBER - 20 JANUARY

Feelings of complacency at home and work could give way to a desire for adventure this month. A health-focused trip away may be just what you need, or sign up for a full-on fitness course closer to home. Consider breaking some of your rules now, if it brings you the experiences and love you crave.

### Aquarius

21 JANUARY - 19 FEBRUARY

This month starts a super-sensual phase, so exercising your inner siren via a dancing class could see you re-energising your love life, too. It's time for a little less conversation and a lot more action at work, and to get more savvy with your finances. Changing your attitude can change everything.

### Libra

24 SEPTEMBER - 23 OCTOBER

Joining a like-minded group could put you back on the path to fulfilment. It's a good month for a relationship review and to consider an outlook makeover. Home life also shapes up nicely - and, while financial pressures ease, learn valuable lessons from recent money issues.

### **Pisces**

20 FEBRUARY - 20 MARCH

Two is your lucky number. Pair up to speed through daily chores and responsibilities, and enlist a gym buddy to help you change not only your shape but your lifestyle, too. Money, especially if linked to others, needs a rethink. Start now and by next month you'll have a plan that works.



🧈 Orli Lysen has been a professional astrologer for more than 10 years, specialising in relationship astrology. Her fitness style? Ashtanga yoga – a hot workout with a spiritual side to it. For more star-gazing insights, visit orlilysen.com

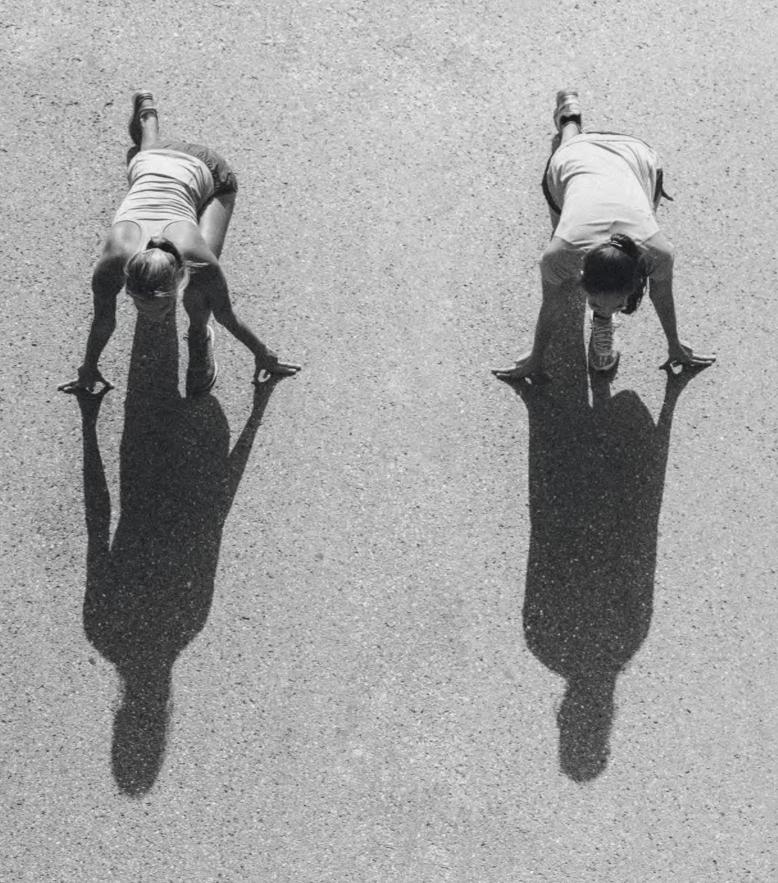
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# Quick fix

Okay, we get it: meditation is good for us (just like exercise), and you've gotta be in it for the long haul to see results (just like, er, exercise), right? Kind of. Sure, getting your om on can nix stress, boost happy feels and improve your wellbeing, but apparently it doesn't take all that long for you to reap the brain-loving benefits. A study published in the journal Consciousness and Cognition found that a 20-minute focused attention meditation sesh (aka zeroing in on just one thought or object) can immediately improve your ability to adapt to new information, even if you've never meditated before. Haven't tried it yet? Download a free app like Omvana for a bunch of guided meditations and give it a go. M

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emotions, including the bad ones. "Secondhand stress is the stress we experience from being around other people who are stressed. Seeing others in distress triggers our body's own stress response," explains Lisa Bardell, clinical neuro-linguistic programming practitioner and life coach. "The amygdala in the brain sends signals to the body to produce stress hormones cortisol and adrenaline. This second-hand stress becomes a physiological state through our system at a cellular level."

A study by Saint Louis University in the US logged similar results (freak-outs are definitely contagious), and researchers added that stress can be passed on via facial expressions, voice pitch, touch and even specific smells - so it's no wonder it's spreading like the common cold. While suffering short bursts of anxiety won't have a huge impact on your health, chronic exposure to stress – second-hand or your own - can trigger high levels of cortisol, which can lead to sleep problems, weight gain and hormone imbalances. "Until we learn new strategies, we'll all continue to feel frazzled and 'catch' the stress of others," says Bardell.

You might not be able to eradicate stress altogether, but you can learn to stop soaking up others' negativity. Try these tips to strengthen your stress defences.

Hang with happy people Just as stress is contagious, so is laughter,

meaning friends who put out plenty of positive vibes will boost your mood. "Simply decide who makes you feel good, supports you and allows you to feel you can express

yourself authentically. Spend more time with these people," says Bardell.

Enjoy some TLC

Tough times need to be offset with an equal amount of chill times - so whether it's a long soak in the tub, a massage or a date with Amy Schumer on YouTube, schedule it in the diary. Taking time out for yourself will help to relieve the physical and psychological effects of stress brought on by others, and doing it on the reg will make you more resilient when it comes to facing up to tension.

## Just breathe

"We wear stress and being busy like a badge of honour; it's become a benchmark of success. It's not!" says Bardell. Rather than thinking about how stressed you are (which will only make it worse), deploy some stress-busting remedies. One of the best is deep breathing, which stimulates the parasympathetic nervous system to relax your body and slow your heart rate. Spend three minutes breathing slowly into your diaphragm and out through your mouth for body-boosting results.

Take a load off

Go old-school and keep a daily journal, jotting down your feelings every time you feel your anxiety levels rise as a result of someone else. It'll help you recognise if the stress is yours or if it's stuff you've caught from others (and can happily ditch). "This is an important step, as by

nurturing ourselves we can bring the best of ourselves to our lives, jobs and our relationships," says Bardell.

Calm your plate

A balanced diet plays an important role in managing stress. Cortisol naturally makes us crave high-sugar, fatty foods the type that your body tends to turn into dangerous visceral fat, which is linked to health problems such as type 2 diabetes and heart disease. Load up your plate with antioxidant-rich, calming whole foods such as oats, berries, nuts and seeds to give your body the best possible chance at dealing with your glass case of emotion.

Focus on yourself Always taking on others' issues? Time to

stop putting their needs before your own. "Often this is linked to low self-esteem, not feeling that you deserve to put yourself at the top of the list," explains Bardell. "Give yourself time to rest, to exercise, to eat healthily and take time off - you're investing in yourself, your health and your ability to be emotionally resilient."

## Create some distance

We all need boundaries - both physical and emotional. "Teaching people to expect less of you also works well," says Bardell. "Remember: you teach people how to treat you by what you allow, what you stop, and what you reinforce. Think about how you can handle certain people differently."

## Turn on the tunes

Next time you feel the pressure, crank some uplifting tunes on your iPod. Music has a massive impact on your emotional state, and studies show that upbeat tunes can help to relieve psychological stress. Get smart and craft a happiness-boosting playlist or a relaxation soundtrack to turn to when you need a lift.

## Take less on

Strike a balance between nurturing yourself and looking after others. Says Bardell, "Ask yourself: 'Is this working for me?', 'What am I getting out of this that is positive?' and 'How is this supporting what's important to me?" This will help you figure out what you're doing out of obligation and which things you're doing because you really want to. It's great to help others, as long as you don't miss out in the process. M

## 4 steps to redirect stress

Wandered into a high-pressure convo? Follow Lisa Bardell's pointers to walk away stress-free

## Get present

Acknowledge and listen to your mate's problem, without 'going into the pit' with them. When we're stressed, we want

## Stay impartial

Don't be tempted to make strong statements about other parties, especially partners or family members. Once the situation is resolved, you may live to regret these comments and they will cause you stress.

## Don't get too involved

Don't gossip, try not to get drawn in and don't start asking questions about the details, or who did what - even if

## Detach yourself

If you can, try to remove yourself from the conversation politely and supportively. If it's at all possible, walk away from the whole situation for a little while to get some physical space. It'll be better for your stress levels.

# Banish the 'buts' that could be holding you back

## THINK ABOUT IT: YOU'VE BEEN FINE-TUNING YOUR EXCUSES

GAME SINCE KINDY, so it's no wonder you've built up a decent arsenal to draw from whenever there's a workout to skip or a phone call to avoid. We know you were way too busy with work to even think about that Body Attack class last week, and obviously you had nothing to wear to that blind date! But those excuses that roll off the tongue a little too easily are more than just an easy 'out'.

According to Michelle Greene, lifestyle strategist and author of No More Big Buts (Imagine Your Possibilities Press, \$25.99), excuses can stop you living a full and exciting life. "When things don't go our way, we often look for ways to rationalise the outcome. Excuses are a way we let ourselves off the hook," she explains. "It's so much easier to make excuses than to take responsibility. This allows us to escape the pressure of being committed to our outcomes or goals."

The first step to nixing your 'buts' and owning your actions is getting to the bottom of what's driving your excuses. "We all have our reasons for avoiding things, behaving badly, shirking responsibilities or procrastinating - understanding those reasons, whether we like them or not, helps us to grow and evolve, and know ourselves better," says WF psychologist Dr Lissa

Johnson. "Habitually pushing our real reasons aside with airbrushed excuses, while human, can interfere with personal growth, progress towards goals and development of our potential."

Perhaps you're avoiding Friday night drinks because you're battling social anxiety. Being honest with yourself and admitting that you're too nervous to go allows you to think about what you're afraid of - and what could help. On the other hand, says Dr Johnson, "Papering over your real reason with 'I'm too busy', closes psychological doors. It shuts down any reflection on your fears, wants and needs, and stops you thinking about how to address them. This can keep you stuck in patterns that don't serve you and get in the way of steering the direction of your life."

Ready to break free of excuses for good? Follow our tips to take control...

## \* RAISE AWARENESS

Don't let your excuse-making habits fly under the radar. Try keeping a diary for a week and note down any occasions when you make an excuse - it could be something you say out loud or a rationalisation you make quietly to yourself. Understanding the pattern of behaviour will help you to see what you need to change.

"Take the time to break it down. What is the common theme? It might be conflict, self-sacrifice, letting people down, putting something off, or avoiding particular experiences," says Dr Johnson. "Ask yourself what is hardest about this for you? What reasons do you give yourself and others? What else could be going on? Look for vulnerabilities that you'd rather not own. Even if you're not ready to tackle these head-on just yet, bringing them into awareness is important. It allows you to reflect on what might help you heal them."

It's also possible you could be feeling ambivalent about a particular goal. "When you find yourself making excuses, you may realise you're not as committed as you thought you were," explains Greene. "If

you're really set on something, you'll do whatever it takes to make it happen - but if you're undecided, you'll only do things when they are convenient."

## \*NIX THE JUDGEMENT

Excuses are often born as justification for judgement (see: guilt over that choice of Thai takeaway), but remove the judgement and you erase the need for excuses (yes, you could have cooked, but you didn't want to).

"Self-compassion will help enormously with this," says Dr Johnson. "Rather than expecting yourself to always get things 'right', adopt a kind attitude of affection towards yourself, where your flaws simply make you human, help you along, and connect you to the rest of the human race."

## **\***MANAGE YOUR EXPECTATIONS

Feel like you've 'failed' when something didn't quite work out? Instead of making excuses, try shifting your goal-oriented mindset to one of progress. "Set yourself learning goals rather than performancebased objectives," says Dr Johnson. "If life is a learning curve, setbacks and mistakes become stepping stones rather than flaws that need to be excused."

While it can be helpful to share your goals with friends and family, be realistic about your expectations. Talking a big game or committing to more than you can accomplish can lead to excuses for why you didn't follow through. Be sure to work within your abilities and time constraints.

But be willing to put in the work, says Greene. "Often we make excuses for things because we don't want to pay the price. Everything has a price, whether it's time, energy or money," she says. "Decide if it's worth it to you before making excuses for things you don't really want."

## \*CHANGE YOUR REACTION

Before you fire off a rationalisation on auto-pilot, take a moment to reflect before you react. "One of the fastest ways to banish excuses is to take responsibility," says Greene. "Once you swallow the bitter pill of personal responsibility, it will

be one the best things you do for yourself. It will show you that rationalising is simply telling yourself 'rational lies'.'

Instead of worrying about being 'perfect' or 'right', practise humility and see your behaviour for what it is: human. "If you can find humour in the situation, allow yourself to laugh kindly with (not at) yourself," says Dr Johnson. "Talk about it with trusted friends. Seek support and bond over the shared human experience of vulnerability and struggle."

Then shift your focus to solutions. Instead of making excuses for why something didn't work out as you'd hoped, look at what you can do differently next time. "Look for the gift in the experience, perhaps shining a light on an area for development or growth," tips Dr Johnson. "If there's an opportunity to repair a situation, take it. If you were thoughtless towards someone, let them know. You can explain your reasons, if that feels right. Admit, 'I was so consumed with my own reaction that I didn't think of you'.'

Adds Greene, "There will always be things that don't work out the way we want. What you can do is learn from the outcome and use the results to help you tweak your strategy for next time." M

# "I became a yogi to help

Nikki Ayres, 24, discovered a passion for yoga that led to a complete career change

## AT SCHOOL, I WAS THE GIRL

who always had a smile on her face and a passion for life, but when school finished I had no idea what I wanted to do and wound up studying public relations. I found a job in fashion PR and began a whirlwind of late nights and unhealthy eating habits, and being surrounded by negative office politics.

Physical activity and spirituality wasn't a priority for me. My only cardio involved running to the train station, and I started feeling increasingly sluggish and unmotivated. I also noticed my self-talk was becoming more negative.

While I was working in PR, Women's Fitness was unleashed onto the scene and it ignited that burning desire to look after myself again. I needed a release from the high stress levels and a break from the adrenaline I was living off. I woke up one morning and my intuition was screaming at me to go to a yoga class. So I started yoga, meditating and practising positive psychology to reprogram my mind.

I fell in love with yoga and had an urge to look after my body in more mindful ways. I started surfing, hiking, exploring mountain tops and doing yoga while the sun came up. Not only did I feel better about myself, but my body was changing

and I felt fitter and stronger. Yoga got me out of my comfort zone.

I came up with an initiative called "Morning Affirmation Emails" where I would send a positive affirmation with an image to everyone in my office. It then became a subscription of 100 people.

I soon realised these emails were the only thing keeping me in my crappy job. One day in yoga, I started crying in child's pose because I knew I was about to make one hefty change in my life. That week, I quit my job and signed up to do yoga teacher training. I wanted to show people how good their bodies could feel and give them a way to escape the chaos circulating in their heads. I was so excited to be that vessel for those who needed healing.

It was a tough six-month journey from the moment I signed on the dotted line. I was studying, health coaching, working from home in four different freelance PR jobs, babysitting and dealing with a relationship break-up. I gave my whole heart to my studies, my ex and my clients, and had no love or fuel left for me. I became depressed and ended up in hospital. 'Life' happened to me, but my breakdown was just the start of my breakthrough.

I knew there was a lesson to learn: to first heal myself and then to help others. It also taught me a lot about the stigmas

> surrounding mental illness. When I got out of hospital, I immersed myself in meditation and healthy eating, made sure I was surrounded by beautiful people and kept WF mag by my side for constant reassurance that I was on this path for a reason.

I started putting on community wellness events called Mindy Body Stroll, to raise money for Beyond Blue, with the aim to bring together people of all ages to tackle the topic of healthy living, while raising awareness about mental illness. I've since held three successful MBS events.

I'm now living one vibrant and healthy life as a yoga teacher and health coach, on a mission to support others suffering from their own darkness. The biggest reward is seeing students' faces after waking up from shavasana (relaxation), beaming with warm smiles. It's nice to know I get to make a positive impact on their lives.

\*Want to join Nikki's events? Head to nikkiayres.com.au M



Action your plan WF psychologist

Dr Lissa Johnson offers up her top strategies to create a better work/life balance

**Check your speed.** If you're hurtling towards life goals at a breakneck pace, give yourself time. Everything will seem less urgent and you'll enjoy your life's adventure more. getting you further in the end.

Re-examine your values. What really matters to you? Who do you truly want to be? What is a life well-lived? Make more room for the things that you value in your deepest heart of hearts, and let others fall behind – even off the radar, if need be.

Refresh your relationship with yourself.

Be kind and patient with yourself. Over ime, this attitude of self-compassion will help you to chart a course that sustains

Got an inspiring fitness story to share? Email us at

mail@womensfitness.com.au with "WF Moves Me" in the subject line

**AS TOLD TO** SAMERA KAMALEDDINE

likki now hosts

the healing

power of yoga



It's not always a good thing! Don't let a bad itch stop you in your tracks – it's time to minimise the distraction and bring back the positive focus

## AH, THE DREADED

SWEAT and tight clothes combo: it knows how to seriously mess with our focus mid-workout. But if you think you have to suffer through another burpee with a painful burn in your underwear, think again. Add Vagisil Feminine Itching Cream Medication to your fit kit, and you'll be promptly saying buh-bye to irritated skin

and hello to soothing relief.

Not only will Vagisil relieve itch, burn and irritation, it's also a non-greasy formula that won't stain your gym gear. Time to rock your workout in total confidence.

For more expert advice about intimate health, head to **vagisil.com** 

## SHOP SMART

Fact: Underwear is as important as outerwear when it comes to your gym outfit. Look for breathable fabrics and underwear specifically designed for exercise to prevent irritation.



## Month of mantras

Looking for some daily inspo? These mini motivational hits will do the trick. Cut them out and stick them around your home or office

| 2000000 |  |  |  |  |   |
|---------|--|--|--|--|---|
|         | With struggle<br>comes progress<br>fitnes                    | END YOUR DAY WITH A SMILE, A HAPPY THOUGHT AND A GRATEFUL HEART fitness      |  | EVERY DAY IS A NEW BEGINNING fitness                               | Take the risk fitness   |
| ss      | "I DON'T WANT TO WORK OUT" - SAID NO HOT BODY, EVER fitnes   | You were born<br>to be awesome,<br>not perfect<br>fitness                    | WHERE FOCUS<br>GOES, ENERGY<br>FLOWS<br>fitness      | Go as long as you can, then take another step fitmess              | START WHERE YOU ARE, USE WHAT YOU HAVE, DO WHAT YOU CAN fitness |
|         | All things are difficult before they are easy                | Be stronger than your strongest excuse                                       | Wish for it Work for it                              | Don't stop dreaming just because you had a nightmare fithess       | Get up, dress up, show up, and never give up fitness            |
| SS      | Happiness<br>is an<br>inside job<br>fitnes                   | WHEN THINGS AREN'T ADDING UP IN YOUR LIFE, START SUBTRACTING fitness         | Trust the timing of your life                        | Be yourself! Because an original is worth more than a copy fitness | I live, love and learn every day                                |
|         | 25  If you can't  visualise it, you'll  never see it  fithes | Problems are not stop signs, they're guidelines                              | THE BEST PROJECT YOU'LL EVER WORK ON IS YOU  fitness | You are what you eat so don't eat anything fast, cheap or fake     | IF YOU OBEY ALL THE RULES, YOU MISS ALL THE FUN  fitness        |
|         | BE YOUR OWN KIND OF BEAUTIFUL  fitness                       | THE GREATEST PLEASURE IN LIFE IS DOING WHAT PEOPLE SAY YOU CANNOT DO fitness | Knowledge<br>speaks,<br>wisdom<br>listens<br>fitness | 27<br>Don't stop until<br>you're proud<br><b>fitmess</b>           | Slow progress is better than no progress                        |



Spread the love around! Use the hashtag #WFloves on Instagram to show ferent ways you've gotten creative with these little message





When standing at its base, the rock looms large. The world's premier free-solo climber shows respect by studying its curves and crevices, its sediment and smoothness. It's the only way to create new routes to the top. Without ropes or aids, he proves that perseverance and confidence are the drivers to break records.

To gain new perspectives. To set one's sights on future summits.

To be Alex Honnold.

## TO BE YOURSELF



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Sign up for... workouts recipes



Want to get next-level healthy, fit and confident? WF has teamed up with resident PT Libby Babet and her BUF girls to bring you their transformational foundation program, BUF Body

## \*WHAT DO I GET?

The guickest, healthiest and most fun fitness and nutrition program around! Designed just for girls to get you lean, strong and fit, this 6-week step-by-step online program delivers quick and easy daily content Monday to Saturday. You'll get workouts, food and fitness tips, healthy recipes and goal-setting tricks served up, too.

## **\*THE BEST BIT?**

You don't have to do it all on your own the BUF girls are right there on the journey. You'll have support from trainers at your fingertips, thanks to a private Facebook community that's packed with girl power!



## **SIGN UP NOW!**

Head to womensfitness.com.au/wfxbuf and sign up for one of these intake dates for only \$24.50 per week for 6 weeks: Need help signing up? Email us at mail@womensfitness.com.au





fitness tips support and more!













## Get happy and healthy this summer!

Belinda Kirkpatrick is an expert Naturopath and Nutritionist who will help you to become your very best! Take control of your health this summer for a happier, more vibrant you.

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www.belindakirkpatrick.com.au











THE BEST OF US. But there's only so long you can keep a fit girl down. Spring is here, the world is looking fresh, and this invigorating workout is the perfect way to celebrate your return to active duty.

If you've taken an extended break, a full-body fat-burner will wake up your metabolism and get your fitness cranking again. Using equipment like kettlebells,

kilojoules both during and after your sesh, and the jumping moves will give you a heart-pumping cardio workout, too. Spring, we're so ready for you!

**HOW TO DO IT:** Consider this workout a circuit and do all your reps for each move back to back, without rest. Once you've ticked off one set of each move, take a

going back to the Almost pro? start for the next 5 x 14 reps set. Use the heaviest weights you can handle while maintaining good form, and keep the pace up for best results.

YOU'LL NEED: Barbell, kettlebell, 2 x dumbbells, bench or step

HINDU PUSH-UP GREAT FOR: UPPER BACK, SHOULDERS, UPPER ARMS, CHEST, CORE

## **Technique**

- Start in a straight-arm plank with your hands just wider than shoulder-width apart.
- Push back to raise your bottom high, keeping your back, arms and legs straight.
- Engaging your core, lower your chest to the floor, then glide forward, scooping your chest up as you extend your arms.
- Return to the start and repeat.



# Keep your chest up and back

## EAN AND PRESS GREAT FOR: BOTTOM, THIGHS, CORE, BACK, SHOULDERS, UPPER ARMS

## **Technique**

■ Holding a barbell in front of your thighs, bend your legs to create momentum, then row the barbell up toward your chin.

- Rotate your grip to drop your elbows underneath the barbell and extend your arms to push it overhead.
- Reverse the movement and repeat.

## **SINGLE-ARM SNATCH** GREAT FOR: BOTTOM, THIGHS, UPPER BACK, CORE, SHOULDERS

## **Technique**

■ Stand with feet hip-width apart and a dumbbell between your feet. Bend at your hips and knees to grab the weight.

- Explosively extend your body, driving the dumbbell overhead, then lower.
- Repeat, alternating arms with each repetition. >





## **Technique**

- Lie on your back with your arms and legs extended.
- Dynamically crunch your body into a V shape.
- Lower and repeat.



## 5 PUSH-UP RENEGADE ROW GREAT FOR: CHEST, UPPER ARMS, CORE, UPPER BACK

## **Technique**

■ Start in a straight-arm plank with each hand holding a dumbbell, then bend your arms to lower your chest to the floor in a push-up. Make sure your elbows move behind you rather than out to the sides.

- Push back up to the start position, then row one dumbbell up to your side, keeping your elbow in.
- Lower back to the start and repeat with the other arm for the next rep.

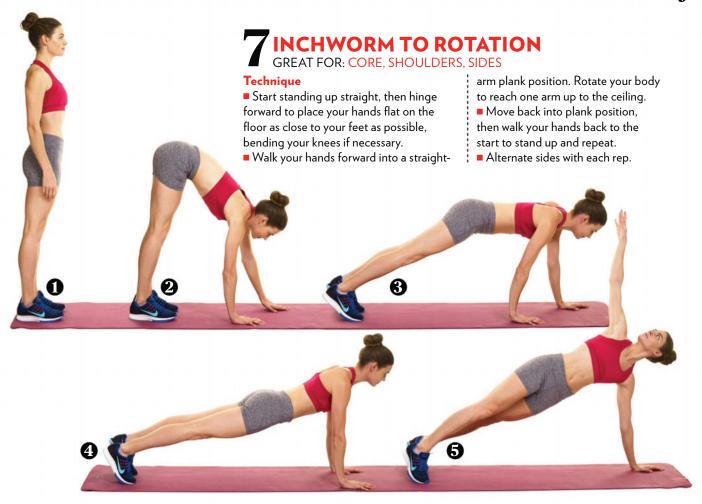


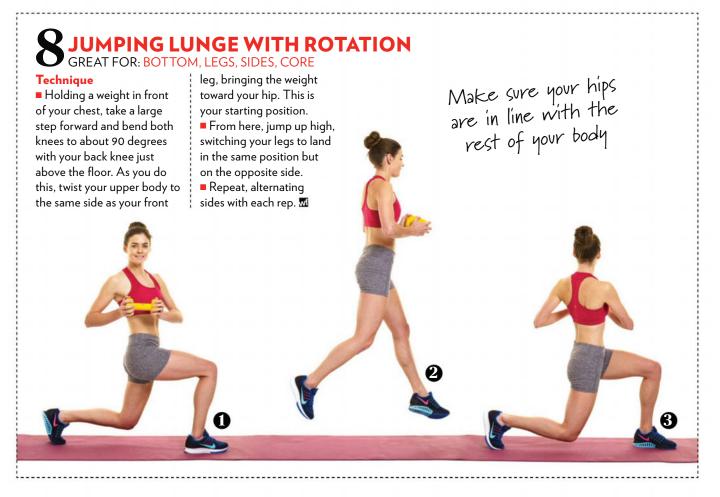
Maintain a straight line in your body throughout

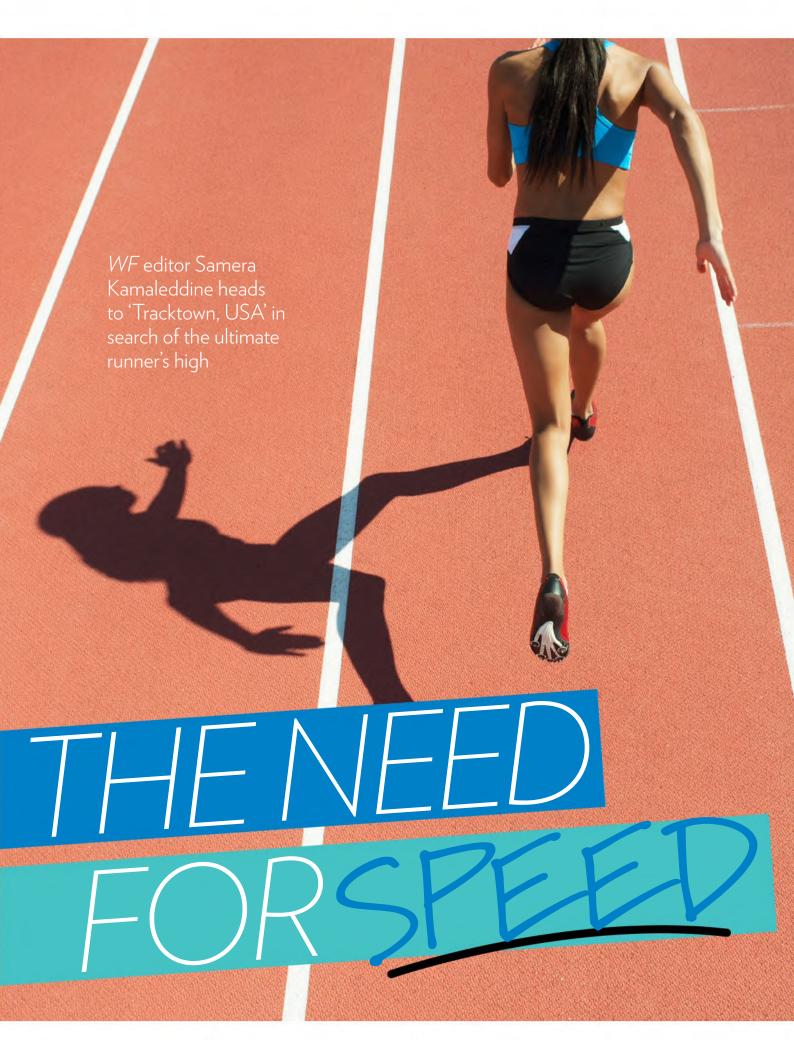




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ARRIVING AT THE HISTORIC HAYWARD FIELD in Eugene, Oregon (dubbed 'Tracktown, USA'), it's hard not to be impressed. This is where Nike co-founder Bill Bowerman famously coached runners to Olympic glory and tested out the very first pair of Nike running shoes, so it's considered a place where magic happens.

Magic is definitely something that's going to need to happen today, because I'm being put to the one-mile run test. a universal measure of aerobic fitness aka speed. The thing about speed is, it's something I haven't quite mastered, even though I run in a world consumed by it.

That obsession, says Matthew Nurse, senior director of the Nike sport research lab, is simply because we're built to move. "When you look at the things we do as activities we're certainly thrill-seekers,"

over time. Some people lift weights and get big, while some just get strong. It's the same when we look at trying to make athletes faster," says Nurse.

His insight comes from having access to the thousands of world-class athletes who train on tracks at Nike's global headquarters in Oregon, while also providing feedback that aids the product development process. The challenge is better understanding these athletes for new ways to solve problems.

Together with performance experts and data scientists, Nurse and his team are able to take these insights and turn them into the clever products we see on shelves - that are more than just indulgences, he concedes. "Knowing you can run for 10 minutes or five hours, and that you can put on a pair of shoes to do this - there's something magically rewarding about that." doubt be intimidated by the technical specs. Holts is firm in the belief, however, that it's good for us to know what's in our shoes. "Investigate and do research about what a shoe is going to deliver. The knowledge is there for those who want it," he adds.

So, can the right shoes really shave seconds off your mile time? You betcha. According to Holts, "Every runner has different likes, dislikes, wants and needs. Between those wants and needs, we get to that faster experience."

It's all about finding the right shoe for your perfect run. "Make sure it feels lightweight and like it's going to get you on and off the ground quicker," tips Holts. "Focus on the way it feels both underfoot and around the foot. Running can take a toll on your body, so you need shoes that are going to control these forces, keeping you protected and running."

As your needs evolve, don't be surprised if running shoe innovation also speeds up. "We're always pushing the boundaries and that starts with the best athletes in the world, trying to give them the best fraction of a second," says Holts. "We take those philosophies and apply them to our shoes for everyday runners."

Well, this everyday runner is not only enlightened, but stoked that I've run my first-ever timed mile in 8 minutes and 30 seconds. This might place me somewhere on the average scale, but a whole lot faster than I believed myself to be.

It could've been the sprints we did in training, the contagious mindset that fills the air when runners flock, or in fact, the shoes that are just right for me. Whatever it took for me to find my fastest mile, there's a fire in my belly and a new benchmark that I can't wait to improve on. M

## "We're thrill-seekers. We do fast things - whether it's rollercoasters or being on a running trail. There's satisfaction in that"

he says. "We do fast things - whether it's rollercoasters, or being on a running trail, it's just you and what you're capable of. There's an unbelievable satisfaction in that."

You also can't ignore the claim we're on the cusp of another running boom, according to Brett Holts, Nike's senior footwear product director. "Forty years ago that culture and community of running was created. We're really seeing it come alive again," he explains. "From world-record runners to first-time runners, there's a lot of energy - and, although not a new idea or philosophy, every run has a purpose. For elite athletes, everything they do is with a purpose: to maximise their performance."

Athlete inspo

Gathered around the start line with a bunch of scarily-athletic peeps, it feels like my purpose right now is to avoid being the slowest runner on the track. But as Nurse explains, everyone's definition of fast is different. "For athletes, the fundamentals of fast for them are that they want to get more force on the ground, and to know how to minimise and maximise energy," says Nurse. "When you ask everyday runners, the majority say they want to feel it - the wind moving across their face and that spring in their step. It's one of those intangibles that's really important."

In the same way, becoming faster is a different process for all of us. "It's not what happens immediately but how you adapt

Feed your sole

I haven't always paid attention to the techy stuff that makes up my running shoes. In most cases, I'm sold if there's pink involved. That's because we have an emotional connection with products, explains Holts. "You want to know it's going to work, but also feel confident and cool," he adds. "It's a delicate balance, but I don't think anyone should run in shoes just because of the way they look, because they might not be the right ones for you."

Running shoes can be complicated, and if you're new to the sport, you'll no

## ■THE SPEED KIT□

## Want to go fast? Get the prods right and you're on your way



\*The watch The ultimate GPS and ground contact time. Plus, there's a nifty race predictor feature. Garmin Forerunner 620,

\$549, garmin.com.au



## **\*The kicks**

Take a little Zoom Air technology in the add an 8mm offset, and you've got an oh-so-fast you. Nike Air Zoom Elite 8, \$200, nike.com



## \*The superfood

Get on board the beetroot train (see page 100 for the enduranceboosting benefits of this sweet superfood). **Bioglan Superfoods** Beetroot Powder, \$19.95, bioglan.com.au

# Hot and healthy in

This fast and furious cardio routine is all you need to keep your body fighting fit

## A FEW THINGS WE LOVE

about exercise: it keeps us looking hot and feeling happy. It's a great mindclearer. A sweat sesh is also crazy good for your health. So good, in fact, that scientists say you only need a 15-minute daily dose to give yourself an excellent shot at preventing breast cancer.

UK researchers found that women who got their heart racing for 15 to 35 minutes a day were less likely to develop the disease, thanks to the effect vigorous exercise has on female hormones.

Up the intensity of your daily cardio sesh with these plyometric (aka jumping) moves and enjoy the health benefits (as well as the hot bod).

**HOW TO DO IT:** Spend 30 seconds on each exercise, completing all four in a circuit. Then rest for one minute and do it all four more times. That's it!

YOU'LL NEED: Barbell



## **WIDE TO NARROW PLYO PUSH-UP** GREAT FOR: CHEST, REAR UPPER ARMS, CORE

- Start in plank position on your toes, with your hands positioned just wider than shoulder-width apart.
- Bend your arms to lower your chest toward the floor, engaging your core to keep your body in a straight line.
- Push back up explosively, quickly moving
- your hands under your shoulders into a narrower position on the floor.
- Bend your arms to lower your chest toward the floor again and make sure both elbows stay tucked into your sides.
- Explosively push up, this time jumping your hands back out to just wider than shoulder-width apart. Repeat.

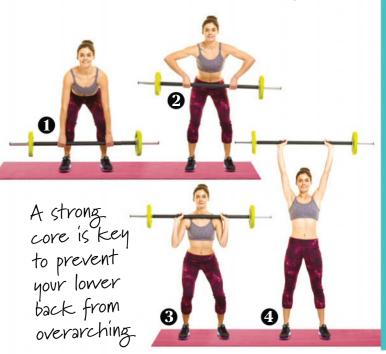
Don't let your hips drop lower than the rest of your body at any point

# **WORDS** AMANDA KHOUV PHOTOGRAPHY DANNY BIRD

## **CLEAN AND PRESS**GREAT FOR: BOTTOM, THIGHS, CORE, BACK. SHOULDERS. REAR UPPER ARMS

## **Technique**

- Holding a barbell in front of your thighs, bend your legs to create momentum, then row the barbell up toward your chin.
- Rotate your grip to drop your elbows under the barbell.
- Extend your arms to push the barbell overhead.
- Reverse the movement to return to the start and repeat.

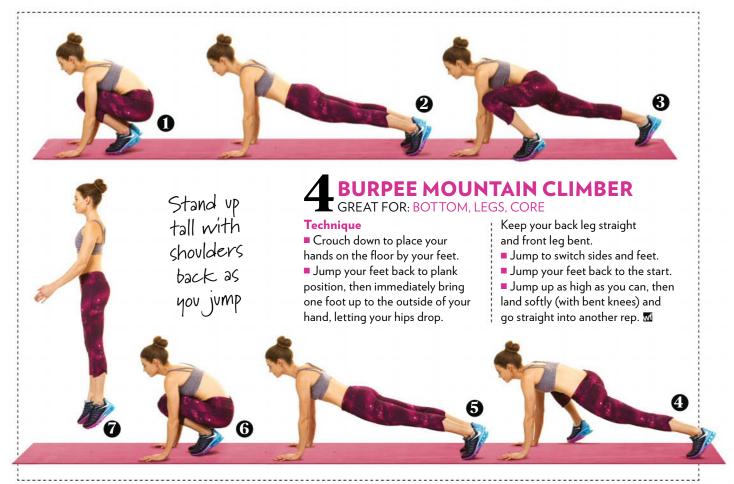


## **SQUAT TUCK JUMP**GREAT FOR: BOTTOM, LEGS, STOMACH

## **Technique**

- Bend at your knees and hips to lower your bottom out behind you as low as possible.
- Jump up as high as you can and bring your knees up toward your chest.
- Land softly and repeat.







## ONE OF THE BIGGEST MYTHS

ABOUT YOGA is that it's all about winding down and chilling out. If you're after something a little more powerful, we've got good news for you - there are plenty of energising poses that will reboot a sluggish body.

"Yoga can be a great way to perk yourself up," explains yoga instructor Emily-Clare Hill. "This sequence will stimulate your body, giving it a boost of energy and helping to flush out toxins."

Try out this easy stretching session to fire up your energy levels, get your muscles moving and refresh your mind.

**HOW TO DO IT:** Complete one set, holding for the recommended time or number of breaths. As you become more familiar with the poses, build up to two sets, then three. If you want to increase

the intensity further, hold each pose for a little longer.

YOU'LL NEED: Mat. blanket

Starting out? 22 mins Need a challenge? 34 mins Almost pro? 45 mins

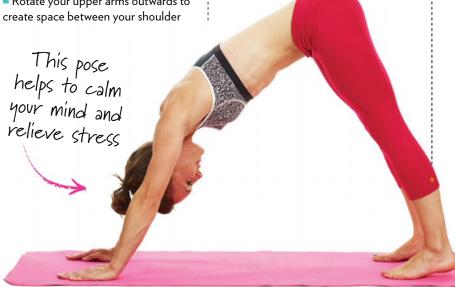
## **DOWNWARD DOG**

Kneel on all fours and spread your fingers out in front of you. Press firmly into the palms of your hands and lift up your bottom, relaxing your head and neck and keeping your ears level with your upper arms.

Rotate your upper arms outwards to create space between your shoulder

blades. At the same time, draw your front thighs up, lifting your knees. Stay in this pose for 1-3 minutes.

Then bend your knees to the floor with an exhalation and come to rest in child's pose.





## **REVOLVED CHAIR Technique**

Start standing with your feet together and arms by your sides. Inhale and circle both arms up. Keep your arms in line with your ears and soften your shoulders.

Bend your knees and sink down as if you're sitting in a chair. Push your shoulder blades back, lengthen your tailbone and bring your arms to your chest into a prayer position as you inhale.

to the left, placing your right elbow on the outer edge of your left thigh. Keep your weight on your heels and look up.

■ Hold for 5-10 breaths. Inhale as you twist back to the centre. Exhale as you bring your arms up, coming back to chair pose, and repeat on the other side. >







## **Upgrade** your yoga space Bring some extra bliss to these fun finds

## \*WRAP UP

Your shavasana will be better Castle blanket, \$79, castleandthings.com.au



scented incense. Yogi Peace Club tropical incense sticks, \$11.99, yogipeaceclub.com



## **\*CLEAR THE AIR**

your studio fresh. FeatherFinders little space clearer, from \$35, etsy.com/au/shop/featherfinders



## \*HIT THE FLOOR

Kamuka yoga mat, \$129, kamuka.com.au

58



## **REVOLVED SIDE ANGLE**

Start in high lunge pose. Exhale, bringing your hands to prayer at your chest.

Lengthen forward, then turn your body to the right, bringing your left elbow to the outer edge of your right thigh. Continue to lengthen your body forward as you inhale and rotate a little deeper as you exhale.

If this position is challenging, hold for a few breaths. If you want to go further, extend your left arm down your right leg and reach up with your right arm to open up your chest.

■ To release, look down, then inhale to lift away from your thigh. Place both hands down to the floor framing your front foot and step back into downward dog. Repeat the move with your left leg in front.

"This sequence will stimulate your body and help to flush out toxins"



## HALF LORD OF THE FISHES

- Sit on the floor with a folded blanket under your bottom and your legs outstretched. Bend both knees, with your feet flat on the floor.
- Place your right foot under your left leg and tuck it next to your left hip. Inhale and extend your right arm up,

then exhale and hook your elbow over your left knee and look over your left shoulder.

- To deepen the pose, thread your right arm between your legs and bind your hands.
- Hold for 4-6 breaths, then inhale to release. Repeat on the opposite side.

## SHOULDER STAND **Technique** Lie on your back on your mat

- then lift your legs overhead. Place your hands on your back for support and lift your legs closer together.
- Push up through your feet, aiming to get your body in a straight line. If you're a beginner, stay in the pose for 30 seconds. Add 5 to 10 seconds every day until you can hold the pose for around 3 minutes.
- To come out of the pose, exhale, bend your knees into your torso, and roll down slowly. M

Once you're in the pose, don't move your head

## Join the Beat your snooze button habit and learn to love

an early workout **FACT: EARLY MORNING** 

**WORKOUTS ARE AN AWESOME** WAY TO START THE DAY. They're time-efficient, good for burning unwanted kilojoules and excellent at putting a huge smile on your dial. So why aren't we all

up and at 'em as the sun rises? Oh, that's right - sleep is also truly amazing.

If you want to be a morning person but can't seem to drag your weary bones out of bed before 7.30am, know this: the benefits of an early sweat sesh are worth fighting your snooze button for. A study in the American Psychological Association journal Emotion reports that morning people feel happier and healthier than night owls. Research from Northwestern University in the US has found that those who get a 20 to 30-minute dose of morning sunshine have a lower BMI than those who get their rays later in the day. And, studies suggest that people who work out in the morning are not only consistent exercisers, but also benefit from an increase in mental clarity for up to 10 hours post workout.

Of course, you don't have to join the smug morning club - any time is a good time for a workout in our book - but if you've always secretly wished you could be an early riser, we've got the solutions for your tired excuses. Instagram, prepare for an influx of epic sunrise shots...

## THE BARRIER: You're too darn hungry

Belly churning like a washing machine? You don't have to get moving on an empty stomach if it doesn't suit you. "While you're sleeping, your body burns around 80 per cent of the stored carbohydrates in your liver," explains nutritionist Glenn Kearney. "If you wake up and exercise before you eat, you burn through the remaining

20 per cent quickly and your blood sugar falls rapidly. To ensure you provide fuel for your brain, it's a good idea to eat a small amount of carbohydrate (such as a glass of juice or an energy bar) after you wake up."

## THE BARRIER: You just don't feel like it

So, you're not a morning person. We get it. That means knowing it will make you feel amazing probably isn't enough to overcome the irresistible urge to snuggle back under the covers. What you need is a training buddy - someone to keep you accountable when your brain is politely requesting an extra hour of pillow time.

"It's hard to motivate yourself to work out in the morning, especially when you're tired, but the trick is to exercise with someone else," says personal trainer Juan Pablo Garcia Lopez. "A friend or partner will help you to forget about how hard it is, and you'll focus on enjoying it. It's always healthy to have a bit of competition, too."

## THE BARRIER: You're dazed and confused

We've all been there - running kit next to the bed, sneakers by the door and then, when the 6am alarm goes off, you feel too groggy to hit the road. That's because many of our internal functions - digestion, mood, body temperature - are governed by the sun and our natural sleep/wake cycle.

Sunrise triggers hormones in your brain to encourage you to wake up and feel alert, so getting outdoors is a great way to perk up. But if you're struggling to roll out of bed in the first place, you might need to reset your internal clock. Ease your body into an earlier schedule by going to bed at the same time

and rising at the same time every day and leave your blinds open at night so those early rays act as a natural wake-up call.

## THE BARRIER: You feel stiff and achy

Yes, it's true that your muscles are less pliable and joints are less lubricated in the morning than later in the day. But, if you wake up with super-tight calves, know that they will loosen with a light walk. "The lubrication and shock-absorbing factors of the fluid in synovial joints need time to warm up," explains physiotherapist Denise Kesson. "Start with a brisk walk, and wear warm clothing because flexibility and muscle strength peak in the early evening when body temperature is highest." M



## Morning yoga moves

Dynamic poses will prep your body for exercise. Try these energising asanas

**FACING DOG** A vinyasa (a series of dynamic poses) will get blood moving and make you feel energised. To warm the main parts of the body, try doing a series of poses that begins and ends with downward-facing dog. For example, downward-facing dog to plank to four-limbed staff pose to upward-facing dog and back to downward-facing dog. How to do it: Start in a high plank and push the ground to shift your weight backward. Your hips are up and back, legs extended and head hangs loosely. Your body is in an inverted V-shape.

**DOWNWARD-**

**WARRIOR II** This classic standing pose will wake up your hips, legs and arms. Hold the pose for five to 10 long, deep breaths (on each side) to really engage your muscles and make you focus, firing up the body and mind. How to do it: Stand with your feet hip width-apart, arms down by your sides. Step forward with your right leg and extend your left leg back, turning your toes out to point to the long side of the mat. Bend your right knee to transfer your weight onto the front leg. Extend your arms into a T-shape and look towards your right hand.

**STANDING ARM REACH** 

Just like having a big stretch when you roll out of bed, this pose will lift and lengthen your body. By extending your arms up over your head, you'll wake up your shoulders, back and torso. Aim to do three to five repetitions to really open up both sides of your body. How to do it: Start standing with your arms down by your sides. Raise your right arm in the air and gently bend your upper body to the left. Pause for a moment, then return to standing, lower your right arm and repeat the move on your left side.



## I'VE BEEN IN A NONCOMMITTAL **RELATIONSHIP WITH EXERCISE FOR YEARS.**

I love yoga, enjoy barre, and have dabbled in Pilates. Heck, I've even tried sculpting my bod with weight training but I've never settled down with any of them.

Don't get me wrong, between all the chop and change I've always managed to work out in some way, but after a few months of indulging in late-night pizzas, spending too much time hunched over my desk and skimping on sleep, I felt like my sporadic exercise routine was doing me more harm than good.

In an effort to kick my bad exercise habits to the proverbial curb, I handed over my debit card to the experts at Bottoms Up! Fitness (led by smokin' hot WF PT Libby Babet) and signed up for the six-week online program, BUF Body.

Complete with nutritional advice, mind-boosting mantras, easy-to-make healthy recipes and six workouts per week, it seemed like everything I'd ever need to get my fitness on track.

I figured since it usually takes me at least three weeks to bail on a new exercise regimen, lasting three more couldn't be that much harder - could it?

## Week 1

This just in: I may die doing this. Well, not really, but after completing the introductory BUF fitness test (a whole lotta burpees and a whole lotta running), I feel like I'm about to go into cardiac arrest. I loathe burpees. They make me dizzy, I can't kick both feet back at the same time and finding the power to jump up again is like finding the will to go on post-red wedding in Game Of Thrones. According to the BUF ladies, I was supposed to finish the test in five to 10 minutes - I managed eight minutes and 47 seconds. It could've been worse (at least I didn't throw up), but I thought I'd do better. Mission to shave a few minutes off my PB: seemingly impossible, but accepted nevertheless.

## DAY 5

I haven't yet forgotten to log on and download my daily workout from the BUF site yet, so high-five, self. Five days in and I miss yoga. Okay, I miss the shavasana in yoga because these workouts are kicking my butt. (Literally. One of the moves this week was called a butt flick.) I don't think I've ever tried so many different moves in my life, so I doubt I'll ever get a chance to feel bored. Once or twice, the routines have been so intense (hey there, The Hunger Games workout) that I couldn't get through the whole thing without

stopping and keeling over on my exercise mat, but I think I just need to get better at pushing myself. Bring on week two, baby!

## LIBBY'S LOWDOWN:

Go Jaymie! Week one of a new workout program is always the toughest to get through (because you're ditching old habits and setting brand new ones) and takes a serious amount of willpower.

The fact you haven't missed a day's

sweat session yet is amazing, so give yourself a pat on the back and know you're going into the second week in a really good position.



## Week 2

Everything hurts (thanks to my new pals bicycle crunch and tricep dip), but, admittedly, I feel pretty awesome. Usually getting me out of bed before 7am is like trying to defuse a nuclear warhead, but because I was so exhausted from week one, I slept like a log last night and woke up rested. This week is all about being 'sugar free' (which doesn't exactly fit in with my let's-go-get-acinnamon-scroll-after-lunch habit), so here's hoping my chia pudding hits the spot. Oh, and apparently I'll have to get over my aversion to burpees - since

they're in every workout - but I do think I've improved since last week. Is that even possible? Or just wishful thinking? I haven't lost anything on the scales yet, but I finally jumped my legs back at the same time while doing burpees today, so 20 points to Gryffindor!

## **DAY 12**

Friday is my favourite day of the week. Not because it's Saturday eve, but because it's celeb-inspired workout day. This morning I did the Charlie's Angels: Full Throttle circuit and felt like a badass. That being said, I'm pretty sure the BUF girls are INSANE because today I did 390 reps of butt-busting moves like air squats and mountain climbers, plus 760

skips. I survived, though my rest times were a little (or a lot) longer than they should have been. Now I'm wondering if that means I'm not working as hard as I should be. So long as I'm sweating by the end of every sesh I'm doing it right, right?

## LIBBY'S LOWDOWN:

I'm so happy for Jaymie this week because as soon as you start looking forward to your workouts - even if it's only because they've got a rockin' celebrity theme - that's half the battle won. I sense a mindset shift starting to happen, woo-hoo! Taking longer rest breaks is totally fine. As long as you're breathing hard in the work periods, you're still reaping all the benefits. >

## Week 3 **DAY 15**

How do people get up so early? Today the sound of my alarm at 5.30am was so horrible, I ignored it. Since I don't want to fall back into bad habits, I joined the BUF Facebook group. In lieu of a boot camp crew to kick my butt into gear, I figured the online version would help me lift my game. And? It worked. My fellow BUF girls wrote about how they'd fallen off the nutrition wagon (but got right back on) and how much they loved a certain workout. They helped me remember why I started this in the first place - to get legs like T-Swift. Kidding! To feel healthier, duh.

## **DAY 17**

I have no idea if I'm doing these moves correctly. But, thanks to the visual exercise quide on the BUF site, I'm slowly working out the mechanics of a Beyoncé hip raise (FYI, it's hard). Despite that hurdle, I'm feeling inspired. I can do a push-up on my toes (booyah!) and I don't feel bloated for the first time in forever. #winning

## LIBBY'S **LOWDOWN:** Everyone

needs someone to help keep them accountable. Sharing your journey with like-minded women helps to pump up those motivation levels. There were a few new moves in

the program this week and I'm glad the exercise library and forums kept





## **MOTIVATION STATION**

Need help going it alone? Here's what I learned along the way...

## **GET SOCIAL**

You might be doing an online program much you, yourself and Use the online forum you've encountered and ask your buddies to come over and work

## MAKEA WORKOUT PLAYLIST

Getting sweaty to your favourite tunes

- ■'7/11' by Beyoncé
- ■'Supermassive Black Hole' by Muse
  - "'Float On' by

## **GET SOME** PERSPECTIVE

to step back and look at the bigger picture. Plus, it's only 30 minutes out of a 24-hour day. You've got this!

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## HOTOGRAPHY THINKSTOCK

## Week 4

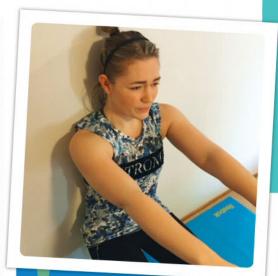
I've always hated that out-of-breath feeling Body Attack gave me, but I think I'm turning into a cardio queen. Yep, I now dig skipping and don't even mind when I have to run. Know what I love even more? Chocolate. No. the fact that every BUF workout is only 30 minutes long! I've read a million studies on why a short workout is better than a lengthy sesh, but I always felt guilty leaving the gym after a quick stint on the tready. Since starting the BUF program, though, I've realised I can get my sweat on in less than an hour, thanks to the HIIT format. It's way more time-efficient! And side note: I've had my chocolate cravings under control lately. Whenever I feel like something sweet, I have carrot slices or sip on herbal tea (which the BUF girls love) - so basically I'm Gwyneth Paltrow.

## **DAY 26**

Being your own cheerleader is kinda hard. My sis might shout, "Keep going!" if she passes by while I'm struggling to get through 50 mountain climbers, but it's up to me to actually keep going. Back in week one, I'd take a break whenever things got tough. Tonight, though, I broke through my mental barrier. I wanted to give up and collapse onto the couch, but I forced myself to do one more rep, then I figured I could do another. It might have taken four weeks, but I've finally realised, most of the time what's holding you back is all in your head.

## LIBBY'S LOWDOWN:

Happy trainer right here! Crossing that mental hurdle is massive. It's important to listen to your body and give yourself a rest when you need it, but often, the workouts that you don't feel like doing are the ones that'll help you the most.



## Week 6

Here's where I'm supposed to say I smashed today's workout, but the BUF girls got me - again. Instead of feeling disappointed when I can't get through a circuit, I've come to realise that I'm not a pro athlete - so it's cool if I still find walking push-ups hard (I'm pretty sure there are things the BUF girls struggle with, too). Plus, the fact that I'm not perfect gives me more incentive to keep working. I couldn't do 10 burpees at the start - now I can do 20!

## **DAY 40**

I don't have a dramatic before-andafter pic (since that was never my intention), but for the first time in years, I'm getting a decent night's sleep and exercise doesn't seem like a chore anymore: it's a way to keep my mood lifted and mind clear. Oh, and I shaved two minutes off my fitness test time. I want to keep feeling this way, so I'm considering turning the 'six week' thing into an extended project - or at least until I can say 'burpee' without cringing.

## LIBBY'S LOWDOWN:

I'm so excited to read this last post. Being a BUF girl is all about having fun while you're getting fit. We hope every woman walks away with a better relationship with exercise! 📶

## "I'm feeling inspired. I can do a push-up on my toes (booyah!) and I don't feel bloated. #winning"

## Week 5 DAY 29

Do I have abs yet? Alright, one month of exercise may not be enough to have a full-on sixpack, but I swear there's a line on my torso that wasn't there before. Instead of obsessing over a number on the scales, I'm measuring my progress by how I don't fall asleep on the way to work anymore and how much better I am at planking (I can totally hold it for a minute and a half). Energy levels? Through the roof! My relationship with burpees? Still on the rocks.

## **DAY 33**

How's this for dedication: I went away for two days and even though I didn't do my BUF workouts, I still managed to fit in two hours of yoga and a 7km run. But I have a confession to make: I don't want to work out this weekend - and what's more, I think that's okay. What I've loved about the program so far is that I'm constantly told to listen to my body, and right now it's telling me to stuff my face with cupcakes and never do a burpee again. Translation? I need a break, so rest I shall (and maybe give the BUF chocolate zucchini bread recipe a try instead of cupcakes).

## LIBBY'S LOWDOWN:

Here at BUF, we're passionate about not ordering women to 'go hard' every day. Jaymie's done exactly the right thing in giving herself a weekend off to chill out, sleep in and reset. She shouldn't feel guilty at all about taking a break, it's a really smart move.



**Your turn!** WF is teaming up with BUF Body to help you score your best-ever bod.

Visit womensfitness.com.au/wfxbuf to sign up to the six-week program.







## Gear New sporting buys to try



Filter your H2O while you work out and help decrease plastic landfill by making the new BPA-free Bobble Sport water bottle your go-to gym buddy. Thanks to its super-sleek design, it'll fit nice and snug inside your tready's cup holder, too. \$16, target.com.au

On the pulse

Keep your fitness game strong no matter where you are with these sporty downloads



Freeletics (free, iTunes & Google Play) With more than 700 equipment-free training options to choose from. you'll never get bored of this portable PT.



Zombies, Run! (free, iTunes & Google Play) Want to feel like you're in The Walking Dead and score a new PB while you're at it? This makes you sprint like zombies are after you.



BiteRunner (\$2.49, iTunes) Learn how to load up your plate to get the most out of your jog. This app is full of handy tips, recipes and training plans.

## Run free

Sick of your earphones falling out mid-Tabata sesh? Grab yourself some Philips ActionFit Overdrive in-ear hooks. Complete with noisecancellation and sweatresistant earbuds, these nifty gadgets are in it for the long haul. \$49.95, philips.com.au



## FRESH KICKS

From brunching with the girls to clocking up the Ks on your Sunday arvo run, the new Skechers Sport Skech-Flex sneakers will keep your tootsies comfy and supported with their bounce-back memory foam sole. \$109.95, skechers.com.au

## THE HOT SPOT

Attention, Melbournites! Happy Melon Studios has just landed on High Street, class with a side of meditation, make sure you check it out - especially since every visitor gets a free one-week pass. happymelon.com.au



## KEEP MOVING

Welcome a little rosehip powder into your life and help kick joint pain and inflammation to the curb. Made from antioxidant-rich rosehips, this blend is designed to nix swelling and boost joint mobility. Rose-Hip Vital, \$52.95, rosehipvital.com



# The knee-in push-up

Toned arms and washboard abs on your wish list? Drumroll, please, for this sharp move

THERE ARE PLENTY OF WAYS to score a hot body, but if you're bored with burpees and totally over crunches, you should get to know this two-in-one move.

A clever combo of push-ups and instability work, this exercise targets your chest, shoulders, triceps and stomach. Why is it so awesome? Doing a push-up with one foot raised (and your hands balancing on a wobbly BOSU) makes your body work harder. Changing your leg position requires your stomach, back and core to switch on for stability, toning up these areas, too. Plus, it's a new challenge, and any change to your routine will put you on the road to rapid results.

Work this baby into your regular training sessions two to three times a week to enjoy the benefits.

## **MIX IT UP**

No BOSU handy? No problem - doing this exercise with your hands on the ground will still give your body a super challenge as you're lifting your feet at the same time, providing the crucial wobble factor.

This move is already pretty tough, but once you get the hang of it you might want to take it up a notch. To make it harder, try switching to slow motion, bending your arms and lowering your body to a count of three, and moving at the same speed when straightening your arms.

## **HOW TO DO IT:**

- Begin in a push-up position with your hands on the flat side of a BOSU and your stomach muscles engaged.
- Bring one knee up towards your chest.
- Keeping your abs engaged, lower your chest towards the BOSU, bending your elbows out to the sides slightly, while simultaneously straightening your leg and placing your foot on the floor.
- Lift your opposite foot off the floor and bring your knee up towards your chest as you straighten your arms.
- Alternate foot position with each rep.

YOU'LL NEED: BOSU ball











Newsflash: you don't have to be Wonder Woman to smash out a triathlon. Make this swim-ride-run trifecta your new fitness obsession...

## THREE DEMANDING SPORTS,

one big race day... Sound intimidating? We hear ya! But contrary to popular belief, triathlons aren't just for super-humans. In fact, it's one of the fastest-growing sports in the world - because anyone can do it.

"If you've ever splashed around in a pool, ridden a bike around the streets of your neighbourhood or chased a boy in the playground at school (and even if you didn't!), you can do a triathlon," says Jen Brown, triathlon coach (sparta-pt.com) and ambassador for the Australian Triathlon Endurance and Cycling Expo.

Sign up for a swim-ride-run and you'll begin a life-enhancing journey, says Brown. "There are the physical benefits to triathlon training, like losing unwanted kilos and becoming fitter and stronger," she explains. "Plus, it gives you a wonderful, supportive network of people who share your hobby and lifestyle. And I love the fact that it teaches you that you're capable of achieving more than you can ever possibly imagine."

If you think you might be ready to morph from a one-hit wonder into a triple fitness threat, here's what you need to know about conquering your first tri...

Training is easy

Let's get one thing straight: competing in a triathlon doesn't mean you're signing up to become an endurance athlete, so forget giving over your weekends to long, punishing runs, swims and rides. A 'sprint' triathlon involves a 750m swim, a 20km cycle, and a 5K run - and there are loads of novice events that clock in well under those distances. Definitely achievable!

"For training, I'd suggest starting with one swim, one ride and one run a week -20 to 40 minutes for each will be plenty," advises Brown. "You'll need to build up the distance and duration of your sessions slowly, so you don't injure yourself. This will help you to build your fitness and

endurance so you can line up at the start of your race feeling confident and finish the triathlon having had fun!"

If you're already a regular runner or cyclist, congratulations - you're coming to the sport with a significant advantage, according to triathlon coach Rob Popper. "Triathlon training benefits from a solid adherence to training routines," he explains. "Having developed good habits such as getting up early two to three times a week and doing regular runs, the transition to triathlon training will be a lot easier than starting from scratch."

Plus, training across three sports will help you beat boredom and reduce your risk of injury. Winning!

## Join a club

You could go it alone - but joining a triathlon club will give you access to expert advice, training buddies, secondhand kit and good old mutual support.

"Most triathlon clubs in Australia will offer beginner races and beginner training programs where, over the course of a few weeks, they'll take you through the training needed to finish your first race," explains Brown. "There is also an amazing sense of community in this sport."

Jump online at triathlon.org.au to find a club in your local area.

## Test the waters

Open-water swimming can be kinda scary when you're used to doing laps of a pool. "Try to spend some time in the open water, especially if your race is in the ocean," suggests Brown. "The more often you do it, the more comfortable you'll be."

If you can't make it to the beach for a dip, try Brown's tips for replicating an open-water feel in your local pool. "Try to swim a few strokes with your eyes closed, because it's important to realise that if you don't look where you're going during your

## "I'm a triathlon convert"

Anastasia Krivenkova, 28, criminal law specialist

race, you probably won't be swimming in a straight line," she says. "Also, make sure you practise 'sighting' - lifting your head every few strokes to see where you are as well as getting someone to swim beside or close to you. It can be intimidating and some people can feel slightly claustrophobic so the more you can experience it in training, the more relaxed you'll be on race day."

Land-lubbers (aka runners) may also need to focus on swimming technique. "A lot of runners have poor ankle flexibility and tend to kick from the knees too much," says Popper. Work on your body position in the water to ensure you're kicking from the hip as you freestyle in the ocean. >

## Build your bricks Remember when you were a kid how

your legs would feel when you stepped off the trampoline after a solid hour-long bouncing sesh? Well, that's the kind of heavy, wobbly leg feeling you get after spinning your wheels for 20km+ then hitting the road for a run.

To prepare for it, you need to do some 'brick' sessions. "A 'brick' is simply where you ride your bike, hop off, change your shoes and go for a run," explains Brown. "Your legs will probably feel like bricks during the run! It's a strange sensation so make sure you've tried it a few times in training so that you know what to expect."

Side note - these kind of back-toback workouts can also help you build running speed and leg strength.

## Master your mind

Yes, you need to become a mean fitness machine, but getting your head in the game is just as important as the physical stuff, says Brown. "This can be harder than the actual training!" she says. "Training for a triathlon can bring up insecurities or fears, such as worrying about what happens if you 'fail' or finish last, what other people might think or how comfortable you feel wearing Lycra in public. The key is to recognise that many of these fears are stories we tell ourselves and we can rewrite the story. You might say to yourself, 'It doesn't matter what anyone thinks, this is important to me'."

On race day, forget about time and just focus on completing the event. The sense of achievement when you cross that finish line will be reward in itself.



## I'm hooked!"

Eva Murray, 29, data analytics consultant

The kit every triathlete needs...



These are an essential they'll ensure you can clearly carve out a path for yourself in the crowded water.

Vorgee goggles, \$34.99, vorgee.com

**BIKF** Any bike you can borrow

or buy cheaply will do the

trick, but a road bike will be

faster than a mountain bike.

Reid Cycles road bike, \$299, reidcycles.com.au



You can't compete without one. Look for a style with plenty of vents (this one has 221) to keep your noggin cool and dry. Giro helmet, \$64.99, trisports.com



Find one that's quick-drying, has room for a bra underneath and has padded shorts to make the cycle lea more comfy. 2XU long-distance trisuit. \$200, 2xu.com.au



## **RUNNING SHOES**

Invest in new shoes when you start training (older ones lose their support) and wear them in before race day.

Asics running shoes, \$149.99, rebelsport.com.au



## **BIKE GPS**

Pick up a tracking device so you can keep an eye on your speed and monitor your progress as you train. Garmin Edge 20 bike GPS, \$169, garmin.com.au



**TASTER** 

## **QUEENSLAND TRI SERIES**

Where: Robina, Gold Coast, Qld When: 27 September Get a feel for racing with the Enticer (that's a 200m swim, 8km cycle and 2km run), or double the distance with the Super Sprint. gldtriseries.com.au

## **NEPEAN TRIATHLON**

Where: Sydney, NSW When: 24 October Proudly pick up a finisher's medal as you cross the line after this 250m swim, 10km cycle and 2.5km run. nepeantriathlon.com

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## NIPPY'S COME 'N' TRI TRIATHLON

15 mins

Swim 25 mins,

bike 35 mins

Swim 20 mins,

bike 30 mins

Rest

Rest

Rest

Bike

15 mins

Run 25 mins

Run 25 mins

Rest

Where: Barmera, SA When: 7 November This breezy course is part of the Murray Man Triathlon Festival. Take on the 200m swim, 8km bike and 2km sprint. murrayman.com.au

## TRIATHLON PINK

Swim 30 mins

Bike 35 mins

Swim 15 mins

Bike 35 mins

Swim 20 mins

Run 15 mins

Where: Mount Claremont, WA When: 8 November Sign up for this all-female series and raise funds for breast cancer. The medium race is a 200m swim, 6km cycle and 2.4km run. triathlonpink.com.au

## **MORNINGTON TRIATHLON FESTIVAL ENTICER**

Where: Mornington Peninsula, Vic When: 28 November bike course, and finish with a 1.5km dash. morningtontriathlon.com M

Rest

Rest

Rest

Run 35 mins

Swim 20 mins

Race!

Put your pins through these eight toning moves and we guarantee you'll be seeing more of your short skirts

## OH, HI THERE,

**LEGS** – we missed you! Now that spring is on its way back to our shores (hurrah!) it's time to peel off the winter layers.

If you're planning on enjoying the fresh spring weather in your fave pair of denim cut-offs or your shortest flippy skirt (and we highly recommend that you do), we've got the workout for you.

These lower-body moves target your thigh and butt muscles to sculpt and tone your

pins (and conveniently work your core in the process). The result? Strong, sleek legs that totally deserve their time in the sun.

## HOW TO DO IT:

Perform all your reps for each move one after the other in a circuit format. Rest for 60-90 seconds. Repeat to complete the sets for your level.

## YOU'LL NEED:

2 x dumbbells, stability ball, step or bench

> Starting out? 3 x 5 reps Need a challenge? 4 x 5 reps Almost pro?



# **SKATERS**Technique

■ Start balanced on your right leg in a slight squat, with your left leg bent behind your right.

Leap across to the left, landing on your left leg - again in a slight squat

with your right leg

behind your left. Leap back to the right, performing the same Land softly and action on the opposite side. This is one rep. Repeat fluidly.

### **SPLIT SQUAT Technique**

■ Stand with one foot resting on a step or bench behind you, holding a dumbbell in each hand. Place the other foot on the floor slightly ahead of your body.

to lower yourself as far down as you comfortably can, then push back up to the start position and repeat.



# 3 STRAIGHT-LEG DEADLIFT

Stand tall with your feet shoulder-width apart and a dumbbell in each hand.

Keeping your knees soft but legs straight,

hinge at your hips to lower the dumbbells slowly toward the floor. ■ Push your heels into the floor and return to an upright position. >



# SQUAT Technique

■ Stand with your feet hip-width apart and arms crossed over your chest. Bend at your knees and hips to lower your bottom down as far as possible.

Push up through your heels to return to the start and repeat.



# 5 STEP-UP Technique

■ Holding a dumbbell in each hand, stand with one foot on a step or bench in front of you, and the other foot on the floor.

■ Step onto your front

foot, bringing your feet together.

Lower and repeat.
Perform all the reps on each side to complete a set.



### TRIED & TESTED

Editor Samera Kamaleddine fires up her lower bod

My legs get a good workout at Pump every week, but hey, one more leg workout never killed anybody, right? This routine really tested my (not-so-great) balance, which I hadn't expected.

Fave move: I do love a good skater! It's one of those moves that feels so effortless. I'm also going to say something controversial here: I didn't hate the burpees. The extra star jump actually made them kinda fun.

Toughest part: There isn't anything super tough about this workout (honest!), but I was surprised at how much the basic step-ups with dumbbells got my heart rate up. There was definitely some heart-racing action in the break between sets, too.

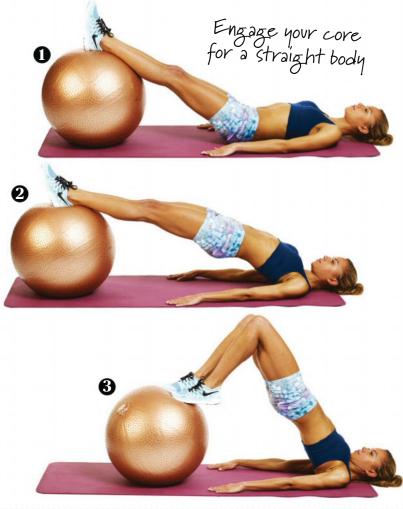
Final verdict: It's one of the easier leg workouts I've done – but a good mix of moves I was familiar with and newbies I'll be doing more often.

# STABILITY BALL CURL Technique

- Lie on a mat with your feet on a stability ball and your legs straight.
- Lift your hips up toward the ceiling to create a straight line from

your feet to your shoulders.

Bend your legs to pull the ball toward your bottom. Reverse the move and repeat for your reps.





# 3 tricks for tired legs

This workout
will probably
leave your
pins a little
pooped. Help
them recoup
with WF PT Blake
Worrall-Thompson's
recovery quide

### **\* MOVE IT**

"When people get sore, tired legs, they tend to stop moving – but that's the worst thing you can do! Movement increases blood flow, which will help with recovery. If you're at work, get up every hour for a couple of minutes or go for a walk on your rest day."

### \* ROLL ON

"Those blue foam things you see in the gym? They're magic! Spending five to 10 minutes on a foam roller every time you work out will fast-track your recovery, big time."

### \* TAKE A DIVE

"A 15 or 20-minute swim in the ocean is the best recovery around. There's a good reason all the sports stars do it after their games."

# **BUNNY HOPS**Technique

- Stand on one side of a bench and grasp the edges with your hands.
- Engaging your core, jump both legs over the bench so that you end up in the

same position on the opposite side.

Continue jumping over the bench, trying to keep a quick pace. Jumping to one side and back counts as one rep.





# STAR-JUMP BURPEES Technique

- Crouch down to place your hands on the floor by your feet.
- Jump your feet back to plank position, then immediately jump them back to the start.
- Jump up as high as you can, bringing your arms and legs out into a star shape. Then land softly with bent knees, and move straight into another rep. 
  ■







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# Week one

In this first week, you'll focus on one key nutrition habit that will make a huge difference to your body shape and energy levels.

Your foodie challenge: Swap cereal, muffins and toast at breakfast for quality protein and healthy fats.

**Breakfast suggestions:** Eggs and avocado; nuts and seeds with Greek yoghurt; white/red meat or salmon with avocado; protein smoothie; soaked oats with chia seeds and coconut milk (plus a few berries); Greek yoghurt with a scoop of protein powder stirred through.

# **Your workouts** HIIT: 30-second fat blaster

Targets: Full-body toning and cardio Complete each of the listed exercises for 30 seconds, with as much energy as possible, resting for 30 seconds between moves. Go through the list 2-3 times, depending on your fitness level.

- Burpee
- Push-up
- High knee
- Squat jump
- Mountain climber
- Jump lunge
- Shuttle sprint
- Full sit-up
- 3 x star jump + 1 x tuck jump (repeat as many times as possible)
- Tricep dip (or dumbbell plank row, if you have access to weights)

### S&T: Gone in 60 seconds

Targets: Bottom, legs, arms, back and core

Complete the first exercise on the list for 60 seconds, then take 30 seconds to recover before doing the same move again. Repeat three sets of that first exercise before moving on to the next

one. Follow this guide to make your way through all five exercises on the list - and get ready to feel those muscles burn!

- Weighted squat (use dumbbells, or even a backpack full of books)
- Row exercise (TRX pull-ups, chin-ups, dumbbell plank rows, rower or body weight superman rows)
- Lunge walk (option to add dumbells or weighted backpack, as with the squats)
- Push exercise (push-ups, chest press, cable press or boxing)
- Crunch (experiment with a new one each round: bicycle, compound, regular crunches, leg lowers)

# Week two

You've made it to week two! Now that you've set some great nutrition and workout habits in place, it's time to take things to the next level.

Your foodie challenge: Remove refined and excess sugar from your diet. Yep, this one might hurt but it will also make the biggest difference to your bridal body mission.

**Sweet swaps:** Berries instead of Iollies; good quality 80-100 per cent cacao dark chocolate instead of milk chocolate; celery with almond butter instead of cookies; activated nuts and strawberries or dried cherries instead of a muesli/nut bar.



### Your workouts HIIT: Lean body list

Targets: Lower body power

Complete everything on the list below, in order. You'll be alternating sprint work with high-repetition body weight exercises, resulting in a metabolic workout that will turn your body into a fat-burning furnace!

- 200m sprint
- 40 x lunge jump
- 200m sprint
- 40 x double mountain climber (left then right = 1 repetition)
- 200m sprint
- 40 x skip rope jump +
- 40 x bicycle crunch
- 200m sprint
- 40 x lateral skater leap
- 200m sprint
- 40 x 1-leg hip raise (20 each side)
- 200m sprint
- 20 x chest-to-floor burpee

# The countdown

Targets: Full-body strength and toning

Complete 21 repetitions of every exercise on the list below, in order. Take a little rest, then go through the circuit again, this time completing 17 reps of each exercise. Do another round with 15 reps, then 12 reps, and finally 8 reps of each move. Don't feel like you need to speed through it - take your time and really concentrate on working those muscles.

- Reverse lunge to knee drive (left side)
- Reverse lunge to knee drive (right side)
- Side-plank hip dip (left side)
- Side-plank hip dip (right side)
- Sumo/plié squat to tippy toe rise
- Regular squat (add weights if you can)
- Row movement (choose either: TRX pull-up, chin-up, plank row,

bent-over row, superman row)

- Deadlift or hip raise
- Compound crunch >

# Week three

You should be feeling energised and starting to see some results. The goal is to stay consistent with your workouts and keep those good nutrition habits rolling, while adding a new one to the list.

### **Your foodie challenge:** Try

to reduce your intake of processed foods and focus on eating whole foods. The easiest way to do this is to reject anything that comes in a packet, has numerous ingredients, or that you haven't made yourself. Instead, stick to foods that come in their natural form, with as close to one ingredient as possible. This means fruits, veggies, meat, fish and nuts are in, whereas chips, snack bars, sweets, microwave dinners and takeaway are out!

**Snack suggestions:** Activated or raw nuts; fresh fruit; nut butter with celery or apple; chia seeds soaked in coconut water or milk; leftover meat; Greek yoghurt with berries; sliced vegetables with homemade hummus dip; quality dark chocolate.

### Your workouts 45-second cardio kisses

Targets: Fitness levels

Time flies and endorphins peak when you're mid-kiss, and we think you'll feel the same high during this workout! Each set has two exercises and you'll do them for 45 seconds as hard and fast as you can, with no rest in between. After you've finished both exercises, you'll rest for 45 seconds, then repeat the set again from the top. Complete 3 rounds before you move on to the next set.

- Repeat for 45s: 10 x high knee + 1 x chest-to-floor burpee
- Repeat for 45s: 6 x mountain climber + 4 x lunge jump +
  - 2 x squat jump
    - Rest for 45s (repeat 3 times)

### SET 2

For 45s: Squat challenge (goal = 35 squats or more)

- For 45s: Skip rope or boxing or lateral shuttle sprint
- Rest for 45s (repeat 3 times)

#### SET 3

- For 45s: Jog
- For 45s: Sprint
- Rest for 45s (repeat 3 times)

# 10 out of 10

### Targets: Bottom, arms, chest and core

This workout has three supersets upper body, lower body, core and cardio. For each superset, you'll have three exercises and will do 10 reps of each of them, repeating for a total of 10 minutes. Once your 10 minutes is up, rest for a few minutes, then attack the next set. You have two options: either use only your body weight, or add weights into the mix - we've added 'at the gym' suggestions in brackets.

#### **UPPER BODY SUPERSET**

- 10 x bent-over row (use your body weight or 2 x dumbbells/kettlebells)
- 10 x push-up (or switch for chest press with dumbbells or cables)
- 10 x tricep dip (or dumbbell/cable tricep extension)

### **LOWER BODY SUPERSET**

- 10 x slow squat (take 3 seconds to lower down into each squat; use your own body weight or dumbbells/barbell)
- 10/side x 1-leg hip raise (or use dumbbells for 1-leg deadlift)
- 10 x lateral lunge (using your body weight or dumbbells)

#### **CORE & CARDIO SUPERSET**

- 10 x crunch of choice (choose a new kind every time you come back to this move: regular crunch, full sit-up, bicycle, leg lower, etc)
- 10 x cross-body mountain climber (knee to opposite elbow)
- 10 x lunge jump or lateral skater (your choice each round)

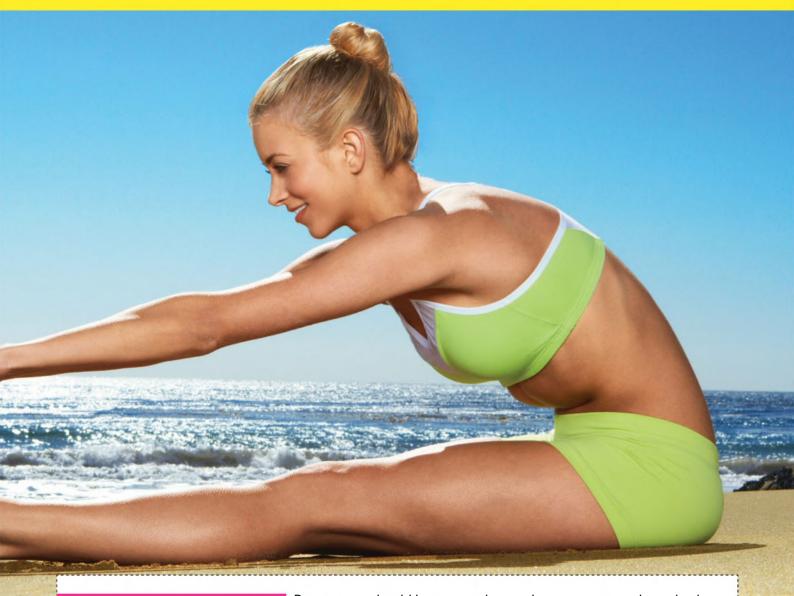
Try this mini fitness test at the start and end of your four (or eight) weeks... Count how many push-ups you can do in 60s.

- Count how many squat jumps you can do in 60s.
  - Check whether you can hold a plank for 60s with good form.
    - Time how quickly you



# Know the lingo

- **HIIT** This is high-intensity cardio training, delivered in an interval format to help you burn kilojoules.
  - **S&T** These strength workouts will get you toned. Think a shapely bottom, trim waist, defined arms and lean legs.
- \* Move to recover You might decide to go for a walk or slow jog, or take a yoga class. Whatever you choose, enjoy the time out.



# Week four

Your foodie challenge: Ditch coffee, black tea and alcohol from your diet to reduce stress, improve digestion and supercharge fat-burning. If it feels like too

much to give up caffeine and booze in one hit, aim to reduce your consumption to a cup of black coffee every second day and 1-2 glasses of wine per week.

**Healthy swaps:** Stock up on herbal teas that will distract you from hitting up your barista for a caffeine hit. Buy lots of fresh greens and make a vegetable juice that you can pour into a wine glass and sip on when you get home from work. Or, muddle fresh lime and mint leaves in a tall glass, then add ice and mineral water, so you still get to partake in a luxe evening ritual.

By now, you should be crazy in love with your groom and your bod. This week's foodie challenge is tough but it will have a huge impact on the way you look and feel, while upping your skin's glow.

# Your workouts Meet me at the altar

### Targets: Full-body toning

Make your way through this list of high-repetition exercises as fast as you can. If you're still full of energy at the end, go through the list a second time, halving all the reps. Halve them again for a third round if you dare!

- 100 x skip rope jump (or high knee)
- 90 x squat jump
- 80 x mountain climber
- 70 x walking lunge
- 60 x side-plank hip dip (30 per side)
- 50 x star jump
- 40 x up/down plank (keep moving from high plank on your hands, to low plank on your elbows)
- 30 x burpee
- 20 x supergirl row
- 10 x tricep push-up (or tricep dip)

# Hot body BRIDE

#### Targets: Bottom, abs, arms and legs

This workout uses a BRIDE acronym to take you through five strength sets. Spend five minutes on each section, moving between exercises repeatedly.

### **B-BRIDAL BOOTY**

- 10 x squat with pulse
- 10/side x kneeling leg lift
- R-RIPPED ABS
- 10 x crunch with legs in table-top
- 10 x crunch with legs straight up
- I IRRESISTIBLE ARMS
- 10 x push-up to downward dog
- 10 x bent over row to tricep extension
- **D-DANCE-ALL-NIGHT LEGS**
- 10 x side reverse lunge to knee drive
- 10 x lateral squat jump
- E-EVERYTHING
- 10 x burpee
- 20 x star jump >







While you're sweating it out for that bridal bod. here's how to train your skin and gloss those locks



\*Skin gym

Boost your glow and get photo-ready with these easy complexion fixes

# 3 months to go... **Brighten up**

If you've got scarring or dark spots to tackle, pencil in a trip to the salon. Look for a facial that combines an exfoliating chemical peel with LED or IPL light therapy. You'll need to use a daily brightening serum, moisturise both morning and night and exfoliate regularly to slough away dead skin cells and product build-up. TREAT IT: Boost cell turnover, banish dark spots and smooth fine lines with the Omnilux Revive treatment, omnilux.com.au N YOUR KIT: La Roche-Posay Uvidea XL Melt-in Cream, \$30.99, laroche-posay.com.au

# 2 months to go... Nix the zits

"If you're prone to breakouts, you'll need to begin the clearing process at least six weeks beforehand," says Emma Hobson, dermatologist for Dermalogica. Book in with your skin therapist for weekly spot treatments that use salicylic acid and antibacterial ingredients like green tea and chamomile. At home, opt for specialised spot-clearing treatments, masks and exfoliants.

TREAT IT: An Ultraceuticals **BHA Skin Workout facial targets** congestion, ultraceuticals.com.au IN YOUR KIT: Paula's Choice Clear Exfoliating Body Spray, \$39, paulaschoice.com.au

# 6 weeks to go... Soften and smooth

Dehydrated skin is prone to creases and fine lines, so boost your hydration with four to six bi-weekly treatments that incorporate hyaluronic acid, tips Hobson. Ensure you're moisturising every day and night, and if you're skin is particularly dry, make friends with a daily hydrating serum and a weekly sheet mask.

TREAT IT: Quench thirsty skin with a Dermalogica Skin Hydration treatment, dermalogica.com.au

IN YOUR KIT: Indeed Laboratories

Hydraluron Moisture Boosting Mask. \$29.99. indeedlabs.com



Here's how to score top locks before you waltz down the aisle

6 months to go ...

Make a change Got wild ideas about changing your style? Do it now. There'll be plenty of time to fix colour mishaps or score a little more length if you decide a lob is not

your dream wedding 'do after all.

3 months to go... Hair repair

If your addiction to bleaching or heat styling has left your strands dry and frizzy, it's worth booking in for a few intensive salon treatments, like the Bhave Rescue Therapy (bhavehair.com) or Wella Express Keratin Restore Treatment (wella.com/ professional). Pencil in a regular trim and colour touch-up every six weeks, too.

# 6 weeks to go... Home lovin'

Now is the time to get serious about your at-home care. "Use a treatment mask once a week," advises Grant Withnell, technical educator for Schwarzkopf. "They're quick, simple and great for restoring shine." To keep your hue in check, invest in coloursaving shampoo and conditioner and treat your ends to a nourishing hair oil. IN YOUR KIT: 1 Goldwell Dualsenses Color Extra Rich Conditioner and Shampoo, \$20.95 each, goldwell.com.au 2 Schwarzkopf Extra Care 6 Miracles Oil, \$10.99, schwarzkopf.com. au 3 De Lorenzo Equilibrium Deep Repair Treatment Masque, \$31.50, delorenzo.com.au

# 1 week to go ...

VORDS JAYMIE HOOPER PHOTOGRAPHY GETTY IMAGES; THINKSTOCK

Swing by the salon for a final trim and colour one week before your wedding to give your tresses time to relax. Sneak in one last treatment or hair mask to enhance shine and tame frizz.



# \*Bronzing boutique

Score a flawless wedding day glow with our expert quide to sun-kissed skin

### 3 months to go... Trial and error

You wouldn't get hitched without trialling your hair and make-up first (right?), so you shouldn't wing your tan, either. "Build a relationship with your tanner so that you're both on the same page when it comes to your colour - nobody wants a tan surprise on their wedding day!" tips Jules Heptonstall, global skin finishing expert for St Tropez. To score a seamless, natural-looking glow on your big day, Heptonstall reckons you should base your shade on the colour of your dress. "If you're wearing a white or cream dress, a deep bronze tan will look even darker," she advises. Sometimes the lightest tan is all you need!

4 days to go ... **Buffit out** 

Make sure you de-fuzz at least two days before you tan. "Removing hair well before your appointment will give your pores time to close, which

will minimise that 'dotty' look and reduce sensitivity," says Heptonstall. To avoid any tell-tale orange patches, you'll want to exfoliate using a body scrub the day before your tanning appointment, too. "Buff away dead skin on the drier areas of your body, like the hands, feet, elbows and knees, to ensure your tan goes on smooth, even and streak-free," says Heptonstall.

2 days to go ... Get golden

"I always advise brides to get their spray tan two days before their wedding," says Heptonstall. "In my opinion, a tan's optimum colour is on the second day, and it also means there's no chance of any residue transferring onto your dress." Before your appointment, be sure to remove any make-up, perfume or moisturiser to avoid clogged pores and streaks.

IN YOUR KIT: St. Tropez Self Tan Bronzing Lotion, \$39.95, sttropeztan.com.au

"Build a relationship with your tanner so you're on the same page - nobody wants a tan surprise on their wedding day!"

# SAY, CHEESE!

Score a set of pearly whites with these easy whitening tips

Grab an at-home teeth-whitening kit. TRY White Glo **Diamond Series** Whitening System, from \$20.99, whiteglo.com



Dark-coloured fruits (like blueberries) and drinks like red wine, coffee and tea can stain your chompers, so sip your juices and other bevvies through a straw to minimise contact. Be sure to brush and floss your teeth twice daily to keep pesky stains and plague at bay.

Changing the colour of your lipstick can brighten your smile. For whiter teeth, opt for a shade with blue undertones like a pink berry hue instead of peach or coral.

**TRY** Avon Ultra Color Indulgence Lipstick in Garden Rose, \$19.99, avon.com.au 🜃



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These delish whole food dishes from nutritionist and wellness coach Jessica Sepel are guaranteed to put a smile on your dial





# Herbed chicken schnitzel with cauliflower rice

1 cup almond meal zest of 1 lemon 1/3 cup mixed herbs (sage, parsley and thyme), finely chopped 2 tbs Parmesan cheese, finely grated 2 eggs, lightly beaten 1 tbs milk of choice 1 clove garlic, crushed Himalayan salt and ground pepper 2 chicken breast fillets, sliced in half lengthways 1 tbs olive oil lemon wedges (to serve)

#### **CAULIFLOWER RICE**

1 head cauliflower, cut into florets 2 tbs olive or virgin organic coconut oil 1 leek, thinly sliced 1 clove garlic, crushed 2 tsp mild curry powder

1 tsp Cajun spice mix 1 tsp turmeric ½ tsp ground cinnamon 1 tsp Celtic sea salt ground pepper  $\frac{1}{4}$  cup walnuts, chopped ¼ cup parsley leaves, chopped

- 1 In a large shallow bowl, combine the almond meal, lemon zest, herbs and Parmesan.
- 2 In a separate large shallow bowl, whisk the egg, milk and garlic, and season with salt and pepper.
- 3 Dip the chicken breast fillets into the egg mixture, then coat evenly in the almond mix.
- 4 Heat the olive oil in a large non-stick frying pan over a medium heat and cook for 3-4 minutes on each side or until the chicken is lightly golden and cooked through.

5 Serve with lemon wedges and cauliflower rice.

#### **CAULIFLOWER RICE**

- 1 Process the cauliflower florets in a food processor until they reach a rice-like consistency (about 20 seconds, depending on your machine).
- 2 Heat the olive oil in a large non-stick frying pan over a medium heat.
- 3 Add the leek and garlic, and cook for around 3-4 minutes. Add the cauliflower, spices and seasoning and cook for a further 5 minutes or until lightly golden.
- 4 Scatter the cauliflower with chopped walnuts and parsley to serve.
- \* This 'rice' is a great way to add more veggie punch to a meal.

# 5 mins with Jessica **Sepel**

Wellness coach and nutritionist Jess is all about meals that make you feel good. Her new book The Healthy Life is a blueprint for eating well (minus the fuss) so we asked her to spill a few of her secrets here...

### \* What ingredients are a must for a happy mood?

Whole foods! They contain nutrients that help to create the feel-good

### \* What food rules do you follow to take the stress out of healthy eating?

### \* How do you get a nutritious comfort-food fix?

### \* Deciphering what your bod needs can be tough... Any tips?

# Lemon and cream bars

MAKES 12

- 1 cup cashews
- 1 cup almond meal
- 2 tbs psyllium husk
- 2 heaped tbs almond butter
- 1/3 cup desiccated coconut
- 1 tsp ground cinnamon
- 2 tbs rice malt syrup
- 4 drops of vanilla stevia liquid

¼ cup water

iuice and zest of 1 lemon shredded coconut and extra lemon zest (to decorate) 1 Line a lightly greased 20cm square baking tin with baking paper. 2 Blend all the ingredients in a food processor until combined. Using a spoon, press the mixture evenly into the lined tin. Sprinkle with the extra lemon zest and shredded coconut, lightly pressing them into the top of the mixture. 3 Put the tin in the freezer for

about 2 hours, or until firm.

Cut into bars and serve.

THE HAPPY INGREDIENT: ALMONDS "The almond meal in these bars makes them high in mood-balancing protein and good fats," Jess tips. "They're the perfect snack as our bodies take longer to break down proteins and fats, so you'll feel fuller for longer."





non-stick frying pan over a medium heat.

\$34.99).

Can't make it to the fish market? Cast your net in the shopping aisle and pull in a healthy catch

your first thought probably isn't canned anything. But there's a good reason you should consider trawling the supermarket aisles for tinned fish.

Aside from being convenient and affordable, canned fish is a rich source of filling protein, as well as a good way to get a dose of omega-3 fatty acids (important for heart health and your brain, for starters) and other valuable nutrients such as vitamin D and calcium. And there are so many varieties to choose from - your little lunch cans of tuna are just the beginning...



### Mackerel

An oily fish with a hearty flavour, mackerel is a great way to get a dose of omega-3. A 90g serve provides almost 3000mg of

omega-3, which ensures you'll easily meet your recommended dietary intake (RDI) of this valuable nutrient. "One small can also supplies the recommended daily allowance (5mcq) of vitamin D, which is vital for strong bones," says nutritionist Amanda Hamilton. TRY THIS: Serve canned mackerel with a beetroot, apple and walnut salad. Or spoon a homemade tomato and caper sauce over mackerel fillets and team with sweet potato mash and greens for a simple supper.



This shouldn't be your go-to for a dose of omega-3, but it has a good concentration of iron (anaemia-protective)

and zinc (for healthy reproductive and immune systems and skin). It's also a tasty source of vitamin B12, which your body needs to convert food into energy. TRY THIS: Stir through linguine with parsley, peas, olive oil and lemon zest. Or add to Asian-inspired noodle soups.



### Tuna

A really good way to get a dose of hungercurbing protein, tuna is also rich in selenium, with your daily requirement

of this immune system nutrient in a 100g serving. Plus, it's packed with the B vitamin niacin, important for energy release. TRY THIS: A little tuna in olive oil only needs some crackers, pepper and lemon juice. For a quick meal, toss tinned tuna with pasta, pesto, spinach and cherry tomatoes.



### Sardines

A fantastic source of vitamin D, sardines provide more than 150 per cent of your recommended intake per

small can, as well as counting as a portion of oily fish (one to two serves a week is ideal). You'll get almost 50 per cent of your RDI of calcium in a can, but this is reduced if the fish is boneless.

TRY THIS: Sardines on toast is a classic - add a light watercress or rocket salad for a healthy and quick lunch. Or stir sardines in spicy tomato sauce through wholemeal pasta for an easy and nourishing dinner.



### Salmon

Pink and red-fleshed canned salmon are nutritionally almost identical, although the red type will cost more and

is arguably tastier. "You'll get in excess of your vitamin D requirement from a 100q serving, plus about 1g of omega-3," says Hamilton. Salmon, with its soft bones, also serves up 250mg of calcium per 100g. TRY THIS: Make fishcakes by mixing canned, drained salmon 50:50 with mashed potato, onion and some fresh herbs.



### Anchovies

"A typical 4.5g can is too small to provide significant omega-3, but be aware that it's still enough to provide one-sixth

of your daily salt limit of 6q, so don't eat too many in one go," says Hamilton. "On the plus side, this quantity supplies about 14 per cent of the RDI of iron."

TRY THIS: Less is more - whizz up a couple of anchovies to add punch to a salad dressing, or to use as a garnish for pasta. M

# TOXIN

All oily fish contains low levels of PCBs (polychlorinated biphenyls) and dioxins, which fat of animals and humans and have a tendency to hang time. "According to Food Zealand, long-term high have the potential to cause toxic effects such as cancer and reproductive disorders," such as swordfish and marlin. Freaked out? Don't be. The benefits of eating fish outweigh the (small) potential risk of overdoing it on toxins. Aim for two or three serves of seafood a week, but steer

clear of the big varieties such as shark, deep sea perch

### SMART CHOICES

Worried your tuna habit isn't great for the planet? Our dos and don'ts will point you in the ethical direction

#### MIX IT UP

Our insatiable taste for canned tuna means tuna stocks in our oceans are declining. Ease the pressure by mixing up the type of tinned fish you buy (and get some variety into your diet, too). Try alternating tuna with sardines and mackerel - these species are more abundant.

### **AVOID YELLOW**

Get to know your types of tuna: yellowfin is one of the most overfished species of fish around, so look for brands that use the more sustainable skipjack tuna. "That's the species that's doing the best," says Nathaniel Pelle, oceans campaigner for Greenpeace.

#### **DITCH THE FADS**

Fish aggregating devices (FADs) and giant fishing nets are super destructive. Keep an eye out for labels that state the tuna is pole and line caught (a low-impact method meaning each fish is individually caught) and you'll be doing your bit to keep marine wildlife safe.

#### **GET CLUEY**

Read up on brands that are doing the right thing. "Safcol and Fish 4 Ever top our tuna guide because they only use pole and line caught tuna, and all of Safcol's is skipjack," Pelle says. Head to greenpeace.org for a rundown of the brands doing their bit to fish responsibly.

Spending your days off accidentally re-toxing? Here's how to keep it clean (no FOMO necessary)

health

FRIYAY IS THE BEST DAY OF THE WEEK. In fact, it's so exciting that it kinda messes with our heads... Why else would we suddenly decide to swap superfood salads for super-sized schnitzel and smoothies for sparkling wine? Yep, the YOLO factor hits hardest around 5pm on Friday, but when you've spent a whole week smashing it at the gym and treating your bod to veggies and lean protein, it's sort of crazy to undo it all with a two-day food-coma... Right? Hey, we're not saying you should shun doughnuts, brunch and the myriad other delights of Saturday and Sunday, but there is a way to have your cruffin and still head into Monday feeling good about your choices. Follow our healthy mantras and treat yourself to a great weekend.

### Do the maths

Subscribe to the 80/20 philosophy of eating super-healthy most of the time and allowing a 20 per cent buffer for the stuff you love? It's a good one to follow, because it's about sensible balance. But if you decide your 20 per cent window starts on Friday lunchtime and ends on Sunday night, that's two-and-a-half days off the wagon - and it actually adds up to 35 per cent of your week.

"People often think they can eat what they want at the weekend if they've been good during the week," says nutritionist Nicola Shubrook. "While indulging a little is fine, it's important to remain mindful of what you're eating - and still try to get exercise in, even if it's a nice long walk."

Tim Ferriss, author of *The 4-Hour Body*, recommends embracing a cheat-day. His theory is that it won't hamper your body goals, but it will boost your metabolism - and, psychologically, it's a great way to balance out all the healthy eating you've been doing all week. Just remember that it's a cheat day, not weekend!

### Brunch or lunch

We love brunch. We also love lunch. But both on the one day? That's a lot of food, especially when you account for generous café-sized portions. "Brunch is a great idea as we tend to get up later at the weekend - as long as you don't have lunch, too," says Shubrook. "A good brunch should see you through the day until it's time for dinner."

After your corn fritters and bacon, check in with your body and ask if you're really still hungry. If you sat down at 11am and feasted on a big meal, chances are you won't need to refuel for a while.

# Ring the alarm

There's nothing better than waking up on Saturday and realising you don't have anywhere to be - but try not to snooze too long. Sleeping in can throw your routine out of sync and set the scene for bad habits to take over. Your morning workout is MIA, meals are skipped and as you rush around to get ready for the afternoon or evening's activities, you're more likely to grab unhealthy snacks to fill the void.

The solution? By all means, hit snooze once or twice, but don't spend all morning in bed. Get up, get a good brekkie in and get out for a light sweat sesh, yoga class or stroll. And keep a few of your healthy weekday snacks handy so you've got a good choice to reach for when you're in a rush.

### Drink smart

Let's talk drinks: An average glass of wine (150ml) serves up around 440 (empty) kilojoules - and the higher the alcohol content of the vino in question, the more nutritionally void kJs you'll take in. Plus, hangovers are such a drag - they have a tendency to totally kaput your healthy weekend plans (greasy burger, anyone?).

Don't panic, there's no need to avoid your Friday night bevvies or Saturday drinks altogether, but there are some handy ways to beat post-booze regret. Opt for low-alcohol wine or sip on a clear spirit mixed with soda (add a refreshing twist of lime or cucumber to up the flavour). Eat some protein before you start sipping to slow the absorption of alcohol, and say no to dark spirits such as rum or whisky. "These contain certain compounds that may make your hangover worse," explains Shubrook.





"Make sure you drink lots of water, especially before you go to bed. Your body will thank you for it in the morning."

# Don't forget the good stuff

For some of us, too few meals can be the problem. Maybe you've overslept, then pottered around the house doing some chores. Before you know it, it's 2pm and you're ravenous. Enter stage left, trashy, unsatisfying snack - and see you (much) later, fruit and veggies.

If this sounds familiar, your weekend mission is to commit to a hearty breakfast. Rustle up some eggs on toast with a side of mushrooms or make a smoothie with yoghurt, oats, banana, cinnamon and dates to get your fresh produce quota.

In a rush to get your weekend started?

Don't attempt to survive on air alone - pick up a piece of fruit or even a hard-boiled egg on your way out. "If you only grab a banana before you head out the door, it's better than nothing," Shubrook says.

**Prep it good**If you've got a busy weekend ahead (who

doesn't?), being prepared is essential. Save a few leftover meals from the week for a quick bite before you head out to a party and keep some homemade snacks handy to grab and go - protein balls or the lemon cream bars on page 91 are a great option.

Give fitness the same treatment and you'll be onto a winner. Block out a 20-minute slot for a quick, high-intensity workout or organise to catch up with friends over a brisk walk or yoga class instead of sitting down for a coffee. Little changes = big results. ™

# HEALTHY HOTSPOTS

Add these WF-approved cafés to your weekend itinerary

### **SYDNEY: Porch & Parlour** (porchandparlour.com)

Order... The green breaky bowl, a delish combo of herb-rolled eggs, avocado and quinoa.

#### **MELBOURNE:** Combi

(wearecombi.com.au) Order... The lemon and blueberry bircher muesli, a raw concoction finished with house-made cashew yoghurt. Woah!

### **BRISBANE:** Kiss the Berry

(kisstheberry.com) Order... The Snickers Delight açaí bowl - a chocolatey treat that comes topped with granola, coconut and raspberries.

### **PERTH: Sayers**

(sayersfood.com.au)

Order... The coriander and cumin bean tagine with baba ghanoush and a poached egg. That'll keep you going!

### **ADELAIDE: The** Organik Store & Café

(theorganikstore.com.au)

Order... The fig and fennel loaf, served with ricotta, banana, a drizzle of honey and toasted coconut.

### **HOBART: Pigeon Hole**

(pigeonholecafe.com.au)

Order... The baked eggs with jamon, herbs and the café's own sourdough.

#### **DARWIN: Eat At Martin's**

(eatatmartins.com.au)

Order... Black quinoa cooked in coconut milk with pears, ginger, spices, yoghurt and coconut cream.

### **CANBERRA**: 80/20

(eightytwentyfood.com.au)

Order... The 80/20 Super Mini Loaf - a savoury concoction of buckwheat, zucchini and chia seeds spread with beetroot hummus, feta and rocket.

# Wellness Clinic

WF naturopath Belinda Kirkpatrick delivers this month's healthy action plan





### **BREAKFAST**

Kale, carrot, and apple juice with 2 glutenfree Weet-Bix and rice milk

### SNACKS

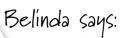
Sunflower and pumpkin seeds with goji berries or homemade chocolate

### LUNCH

Avocado and tomato on aluten-free toast or **leftovers** 

#### **DINNER**

Salmon, quinoa and greens, meatballs with rice and sauce or veggie soup



When returning to work after having a baby, it's vital to focus on healthy eating. The juggle of work and family life can be draining

on your energy, immunity and mental health.

Leanne doesn't consume much dairy so she needs to ensure that she's getting enough calcium to maintain healthy bones and replace any losses from her pregnancy. Good non-dairy sources include almonds, chia, hummus, sardines, broccoli and eggs.

To boost energy and ward off stress, I'd recommend Leanne include quality protein with every meal. She could also focus on adding foods with stress-busting and energy-lifting nutrients, such as asparagus, avocado, olive oil, turkey and licorice tea.

Asparagus is naturally high in folate and B vitamins, which are essential for stress and mood; avocado and olive oil contain healthy fats which increase satiety and

keep blood sugar (and energy) levels stable. Turkey

provides tryptophan, essential for serotonin production to reduce stress. Two cups of licorice tea daily will help Leanne nourish her adrenal glands and reduce burnout.

### leps The new menu

BREAKFAST: Leanne's juice is a great way to get fresh nutrients. She could improve it by adding avocado, mint, cucumber and celery, plus nuts or seeds for protein. Leanne could replace the Weet-Bix with glutenfree muesli or boiled eggs with spinach. LUNCH: Leftovers are perfect for busy mums - make an extra serve of dinner and portion it into your lunchbox. Leanne could also try hummus and tomato on gluten-free bread or a chicken and pumpkin salad. DINNER: Leanne's dinners are good - add some turkey and boost vegetable intake by

ensuring there are at least four veggies with every meal. A drizzle of olive oil on veggies will help to stabilise mood and energy. SNACKS: Leanne could try pre-preparing boiled eggs, hummus and veggie sticks or making extra of her morning smoothie. She should also be drinking around 1.5 litres of water daily. Herbal teas, such as licorice, ginger or rosehip, will provide stress support.

# \* Add it on

An activated B vitamin complex with breakfast and lunch could help with vitality and stress relief. Adding 150mcg of CoQ10 with brekkie will also aid Leanne by increasing energy production from within every cell. It's a good idea to check her vitamin D and iron levels, as these are often low in new mums and people with coeliac disease. M

Got a health dilemma you need help with? If you'd like to book into the WF Wellness Clinic, email your question for Belinda to mail@womensfitness.com.au

# FOOD FOCUS

# Small and

Let's take five to appreciate the super-healthy flavour maker that is garlic

### GARLIC BREAD. AIOLI. PESTO.

**GARLIC BUTTER**. All of the stir-fries and soups. We could go on like this all day, but you don't need to know how amazing garlic tastes - you've been enjoying it since forever. What you do need to know is just how healthy those tiny little cloves are. Think it's all about warding off sniffles and vampires? That's only the beginning...

A member of the onion family, garlic is antibacterial, anti-inflammatory and antifungal, so give yourself a pat on the back for adding extra to your meals when colds and flu stop by. There's even research (from Washington State University) to suggest the potent bulb is 100 times more effective than two types of antibiotics at fighting bacteria that causes food poisoning.

But the most exciting news about garlic is its ability to keep your heart healthy. The sulfur-containing compounds that give garlic its distinctive scent and flavour are also what scientists reckon makes it a champ at lowering blood pressure and reversing the signs of heart disease.

Some of the highlights from the research? The University of Adelaide found that taking aged garlic extract capsules can work as well as prescription medication at reducing high blood pressure. And according to a study in the US, aged garlic extract may also reverse fatty deposits around the heart and reduce plaque within arteries - a big factor in heart attacks. The upside to popping a capsule is that you get all of the benefits without the unfortunate garlic breath... Oh, and a stabilised version of the bulb's active ingredients.

Garlic also contains vitamin C and B6, selenium and manganese - nutrients that help your body stay healthy. In particular, the selenium in garlic is thought to lower your risk of developing a host of cancers.

One thing you should know before you start popping cloves: after chopping or crushing garlic, it's best to let it sit for a few minutes on the chopping board to release its health benefits. Too easy! M

Look for fresh, plump bulbs

# 3 ways with garlic

### **1 A SIMPLE BRUNCH**

For a quick breakfast, sauté sliced mushrooms with finely sliced garlic in a little butter, parsley and chilli. Serve with sourdough toast and top with grilled tomato, a poached egg and greens.

### 2 A STIR-THROUGH

To make a pesto, toss 3 garlic cloves, 4 tbs olive oil, 4 tbs pine nuts, and a handful of basil into a blender and blitz to form a fine paste. Stir in 150g finely grated pecorino cheese. Serve on pasta.

#### **3** A DELISH DIP

Try this twist on hummus... Bake half a pumpkin and 2 bulbs of garlic (skin on) until soft. Scoop the flesh out of the pumpkin and peel the garlic. Blend into a paste with the zest and juice of ½ lemon and 2 tbs tahini.

# The SUPER SUPER SUX

Want to max out every sweat sesh? These (all-natural) sports supplements could be your secret workout weapon



### Best for recovery Fish oil

Not just brain food, fish oil is also great for tired muscles. It contains the two unsaturated fatty acids, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA) derived from the tissues of oily fish such as tuna and salmon. \* Why it works: Omega-3 fatty acids are involved in the activation of 'local hormones' known as eicosanoids, which control immunity and inflammation. They're also vital for the structure and fluidity of cell membranes. Loading up on fish oil may be a good way to help reduce that ouchy post-exercise muscle soreness, and improve muscle functioning, blood vessel elasticity and delivery of oxygen to muscles. \* How to take it: The Aussie National Health and Medical Research Council recommends 430mg of the long-chain EPA and DHA a day, which equals two portions of oily fish a week.



# Best for injury prevention Glucosamine

This amino sugar is found naturally in the body, and it's a major component of cartilage and synovial fluid that protect joints. \* Why it works: As the body ages, cartilage loses its elasticity and cushioning properties for joints, which can lead to stiffness, immobility and pain. Regular exercisers can suffer damaged cartilage after years of repetitive motion. While results of studies on glucosamine have been mixed, it is thought to work by stimulating the cartilage cells to produce proteoglycans, the building blocks that repair joint structures. \*How to take it: If you suffer from knee osteoarthritis, it may be worth trying glucosamine

supplements. Studies have used

500mg three times a day, and it

may take three to eight weeks

for you to see results.





## Best for power Catteine

This one is actually a drug rather than a nutrient, but it's often considered a supplement because it's found in food and drinks, like chocolate, coffee, tea and energy drinks.

\* Why it works: Caffeine is a stimulant that acts on your central and peripheral nervous system. It increases levels of beta-endorphins (hormonelike substances) in the brain, that reduce the perception of fatigue and pain. Caffeine can increase concentration and alertness, and reduce fatigue. It can also help increase muscle fibre recruitment and boost performance in anaerobic activities. A UK analysis of 40 studies found caffeine improves endurance, on average by 12 per cent. \*How to take it: When

taken 30 minutes to three hours before exercise, research shows caffeine enhances performance in sprints, HIIT workouts, team sports and endurance training. Try 70-210mg caffeine (about two cups of coffee) for a 70kg person. Not keen on downing an espresso? You might prefer a caffeine supplement instead.

### Best for immunity **Probiotics**

The live microorganisms that live in your gut are crucial for intestinal health, digestion and immunity. You'll find them in yoghurt and other cultured milk products, as well as tablets, capsules and powders.

\* Why they work: Probiotics work by re-colonising the small intestine and crowding out disease-causing bacteria, strengthening or restoring balance to the intestinal flora. They can improve intestinal tract health and increase the bioavailability of nutrients. Probiotics have been shown to reduce the incidence of upper respiratory tract infections in athletes in winter, and may also reduce gastrointestinal distress often associated with longer bouts of training.

\*How to take them: To help strengthen your immunity, take probiotics during periods of heavy training or in the two weeks prior to competition. Most studies have used doses of one to 10 billion bacteria a day in capsule form, but live, natural yoghurt is also a great option - a 125q serve contains around 4 billion bacteria.



# Green tea

Your herbal brew is used in fat-burning supplements. The active compounds in green tea are polyphenols (catechins) and flavanols, which are potent antioxidants, and caffeine.

\* Why it works: Green tea extract causes a mild increase in kilojoule burning and fat oxidation, partly due to its caffeine content and partly thanks to its catechins and flavanols. UK researchers found people who took a green tea supplement burned 17 per cent more fat during a 30-minute cycling test compared with taking a placebo. However, not all studies have produced positive results. A Danish study found that green tea extract didn't significantly increase energy expenditure. If green tea extract can increase the proportion of fat burned and decrease the proportion of carbohydrate used, it may be able to prolong endurance. \*How to take it: Sip on a cuppa (one serve of tea contains around 30mg caffeine) or down a supplement in doses of 125-



### Best for kilojoule burn | Best for endurance Reetroot

This bright root veggie is a rich source of nitrates. These chemicals are converted in the body into nitric oxide, which helps increase blood flow and the delivery of oxygen and nutrients to your muscles. \* Why it works: Several studies with non-elite athletes show the nitrate in beetroot juice may help you sustain higher levels of power for longer before fatigue sets in - great if you're in training for a marathon, triathlon, or any event that requires long stretches of effort. It reduces maximal oxygen uptake, improving exercise economy so you need less energy to do the same amount of work. UK researchers found drinking 500ml of beetroot juice a day for a week enabled volunteers to run for 15 per cent longer before experiencing fatigue. \*How to take it: To get enough nitrates to enhance performance, you'd need at least 200g (that's three to four beetroots) a day, so if you're not a beet lover, concentrated juice may be a more convenient way to get your fix. M





500mg per day in conjunction

with your regular workouts.



# Chopped purple power salad

#### SERVES 3-4

2 tbs sesame oil
1 cup kale, de-stemmed and diced
34 head purple cabbage, shredded
and diced (approximately 3 cups)

1 cup cooked quinoa
3/4 cup walnuts, coarsely chopped
1/4 cup goat cheese, crumbled

#### **DRESSING**

1/4 cup chickpeas, rinsed and drained

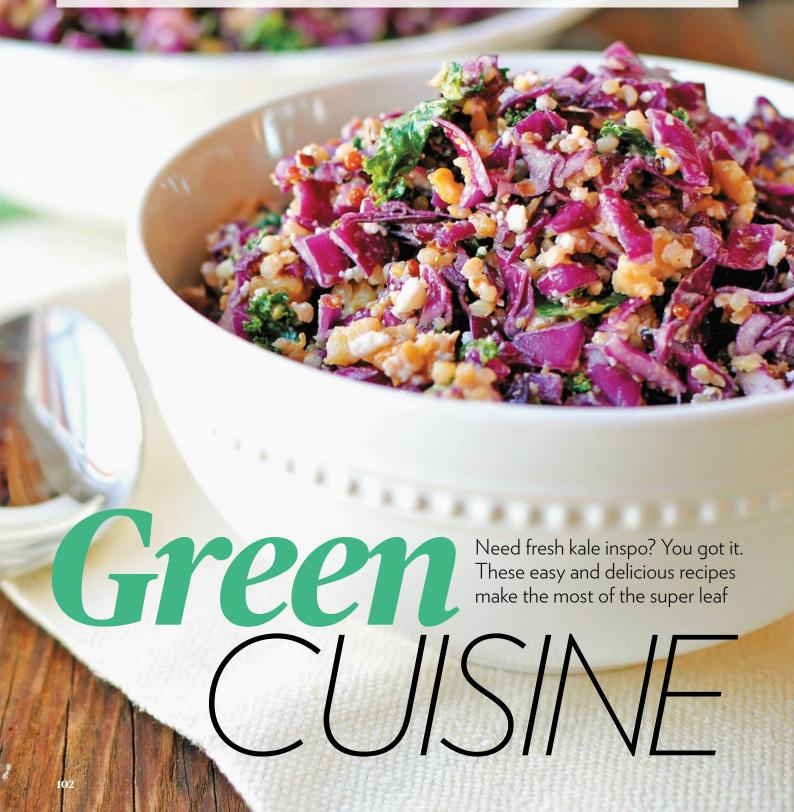
1 tbs soy sauce 2 tbs honey 1 tbs plain Greek yoghurt

1 To make the salad, combine the sesame oil and kale in a large mixing bowl. Gently massage the oil into the kale leaves by hand for approximately 2 minutes. This helps reduce the bitterness and softens the texture

of the kale. Add the cabbage, quinoa, walnuts and goat cheese, and toss gently to combine.

2 In a separate bowl, combine all the dressing ingredients and use an immersion blender – a food processor or blender will also work – to purée the mixture until smooth.

3 Pour the dressing over the salad and toss thoroughly to combine.



# Smashed berry and balsamic kale grilled cheese

2 tsp coconut oil 1 cup kale, de-stemmed and finely diced 2 tsp balsamic vinegar 2 tsp basil paste or 340g fontina cheese, sliced 8 slices sourdough bread

1 Preheat the oven to 190°C

vinegar and basil paste, Remove from the heat.

2 Smash the berries in

**3** For each sandwich, place layer of sliced fontina cheese and a layer of smashed berries, and then top with the second slice of bread. Set the sandwiches on a tray and bake for 10 minutes, or until the cheese is thoroughly





# Garlic-roasted kale chips

**SERVES 2** 

4 cups kale, de-stemmed and chopped into 5cm pieces 1 tbs coconut oil, melted 1 tsp garlic powder ¼ tsp sea salt 1 tbs nutritional yeast 1 tsp minced garlic

1 Preheat the oven to 170°C (150°C fan-forced). Spray a tray with oil or line with baking paper.

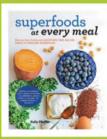
- 2 Combine all the ingredients in a bowl, mixing thoroughly to make sure the kale leaves are evenly coated. Spread the kale pieces flat on the prepared baking tray, making sure they
- 3 Bake for 15 minutes, then remove from the oven and let them cool for around 10 minutes before eating. wi

### Quick kale Qs

We asked Kelly Pfeiffer, blogger and author of Superfoods at Every Meal, to dish the goods on our fave super veggie



- \*Tell us, why is kale so awesome? It's so versatile: you can use it raw or sautéed in almost any dish. I've used kale in 20 different recipes in my cookbook! It also stores well in the fridge. And it's packed with vitamins K, C and A, calcium and other antioxidants.
- \* How do you get your daily dose? I love it sautéed in coconut oil with garlic, cherry tomatoes and eggs. Or blended into a berry smoothie.
- \*What dish do you cook to win over kale haters? My kale and artichoke dip or smashed berry and balsamic kale grilled cheese - both are party-perfect and devoured by all!



For more supereasy superfood recipes, grab a copy of Superfoods at Every Meal by Kelly Pfeiffer (Fair Winds Press, \$24.99).





### Asparagus, zucchini and haloumi with quinoa and popped amaranth

### **SERVES 2 FOR LUNCH** OR 4 AS AN ENTRÉE

½ cup white quinoa salt flakes and cracked black pepper 250g haloumi, cut into 5mm thick slices ½ cup extra virgin olive oil 2 zucchini, 1 green and 1 yellow if available, sliced into long ribbons 2 bunches asparagus, trimmed juice and grated zest of 2 lemons 1/4 cup amaranth (a grain-like seed available from health food stores) 250g cherry tomatoes, halved 8 zucchini flowers, torn (optional) ½ bunch flat-leaf parsley, leaves picked ½ bunch mint, leaves picked and torn

- 1 Soak the guinoa in water for 30 minutes, then rinse well. Place in a saucepan with 1 cup of water. Cover and bring to the boil, then simmer for 5 minutes. Remove the lid and simmer for a further 5 minutes. Remove from the heat and leave for 5 minutes, or until most of the water has absorbed. Drain, then season with salt and pepper and set aside.
- 2 Heat a chargrill pan or heavy-based frying pan over medium-high heat and line with baking paper. Grill the haloumi for about 3 minutes each side until charred. Leave to cool, then rip up. Lightly oil and season the zucchini and asparagus. Remove the baking paper from the pan and cook for 1-2 minutes each side until charred. Set aside. Place the remaining olive oil in a screw-top jar and add the lemon juice, salt and pepper. Shake until well combined. 3 Preheat a large heavy-based frying pan with a lid over medium-high heat. Chuck in the amaranth, cover and shake vigorously for a couple of minutes (as with popcorn). Once the popping subsides, tip the amaranth into a bowl.

4 Divide the quinoa among plates and

drizzle with dressing. Add the haloumi, zucchini and asparagus. Scatter with

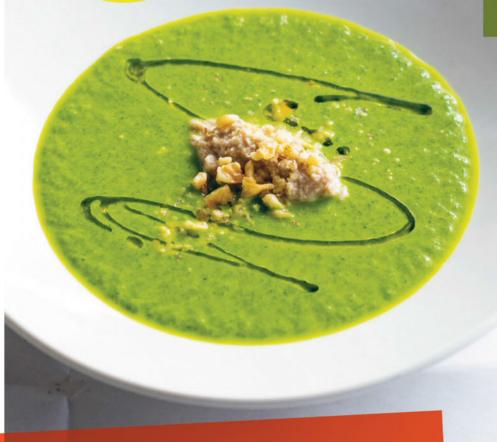
tomatoes and zucchini flowers, if using.

Drizzle with a little more dressing, then

sprinkle with popped amaranth, lemon

zest, parsley and mint. Season and serve.

Green garlic is young garlic – it has a single bulb, sweet stem and edible skin. Try growing your own or keep an eye out for it at farmer's markets.



### Green garlic and spinach soup with tarator SERVÉS 4

6 bulbs green garlic, with 10cm stems ¼ cup extra virgin olive oil 2 tsp salt flakes 200g baby spinach

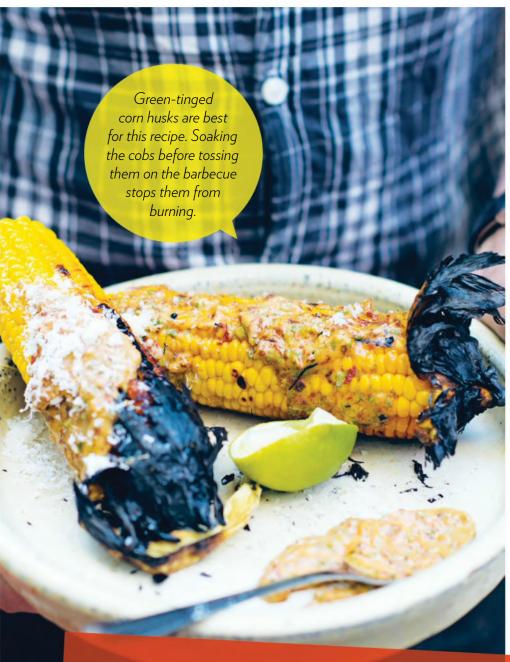
#### **TARATOR**

3 slices bread 120g walnuts 150ml extra virgin olive oil, plus extra for drizzling 1 tsp salt flakes 2 tbs lemon juice 1 tsp red wine vinegar

1 For the tarator, soak the bread in  $\frac{1}{2}$  cup of water for 5 minutes, then gently squeeze it dry. Using a mortar and pestle or a food processor, pound or pulse the bread, walnuts, olive oil

and salt to the consistency of chunky peanut butter, then fold in the lemon juice and vinegar. 2 Peel the garlic to remove the tough outer layers, then nip off any little roots at the base. Chop the stem into 2cm lengths and cut the bulb in half. 3 Heat the olive oil in a saucepan over medium heat. Sweat the garlic for 5 minutes or until soft, then add 1 litre of water and the salt. Bring to a simmer for 3 minutes, then fold in the spinach, using tongs to push it under the water. Remove from the heat after 30 seconds and use a stick blender to purée until smooth.

4 Divide the soup among bowls and dollop 2 tablespoons of the tarator on top. Finish with a drizzle of olive oil. This soup is also delicious cold. >



## Barbecued corn cobs with chilli mayo and Parmesan

**SERVES 2-4** 

4 corn cobs, in their husks ⅓ cup good-quality mayonnaise ½ tsp chipotle chilli powder or 2 tbs chipotle in adobo sauce grated zest of 1 lime handful of coriander leaves, finely chopped salt flakes and cracked black pepper 1/3 cup Parmesan, finely grated lime halves, to serve

- 1 Submerge the corn cobs in water for 30 minutes, then drain and pat dry using paper towel.
- 2 Preheat a barbecue to medium-high.
- 3 In a small bowl, combine the mayo, chilli, lime zest and half the coriander. Season with salt and pepper, and stir. 4 Place the corn cobs on the preheated barbecue and cook, turning every couple of minutes until charred all over. Turn the heat to low, then cover and cook for a further 10 minutes or until the corn is tender. **5** To serve the corn cobs, open up the husks and remove the silks. Brush with the chilli mayo, then sprinkle over the Parmesan and remaining coriander. Serve with lime for squeezing over and extra mayo on the side.

# SHOP **SMART**

how a chef scores the best fruit and



**ALWAYS SHOP IN SEASON** 

"Seasonal produce longer they are kept in cold storage. Plus, you'll be more inspired with your cooking if you're guided by the flavours of the season. Remember, together' - think corn and coriander, for example.

**FARMER** what they're eating this week. The growers at the market are usually keen to share their secrets on how to prepare veggies and will tell you what bits make good eating - like fresh in a salad or cooked.'

TALK TO YOUR

DO YOUR RESEARCH

hard-to-find produce, look up - it's a great network for home or more unusual produce and abundant harvests."

# Chargrilled strawberry and rocket salad with pita

#### **SERVES 4**

500g strawberries, hulled and halved

1/3 cup olive oil

2 tbs balsamic vinegar

1 tbs tarragon, chopped

1/2 tsp salt flakes

1/2 tsp cracked black pepper

200g wholemeal pita bread

50g wild rocket

1/2 red onion, finely sliced

2/3 cup almonds, toasted

and lightly crushed

handful of mint leaves, torn handful of basil leaves, torn

- 1 Place the strawberries in a large bowl and add the olive oil, vinegar, tarragon, salt and pepper. Toss to combine, then leave to macerate for 10 minutes.
- 2 Meanwhile, preheat a grill to high and toast the pita on both sides. Leave to cool, then rip it up and place it in a bowl with the rocket, onion, almonds, mint
- and basil, tossing until well combined.

  3 Heat a chargrill pan over mediumhigh heat. Fish the strawberries out, reserving the marinade. Chargrill them for 3-4 minutes, kicking them around a bit to colour all sides. Remove from the heat and allow to cool.
- 4 Add the strawberries and the reserved marinade to the salad and gently toss to combine. Transfer to a serving plate and dish up immediately.



# Swipe right for a date with WF



# DOWNLOAD WOMEN'S FITNESS ON YOUR IPAD FOR ON-THE-GO INSPO



Women's Fitness Australia



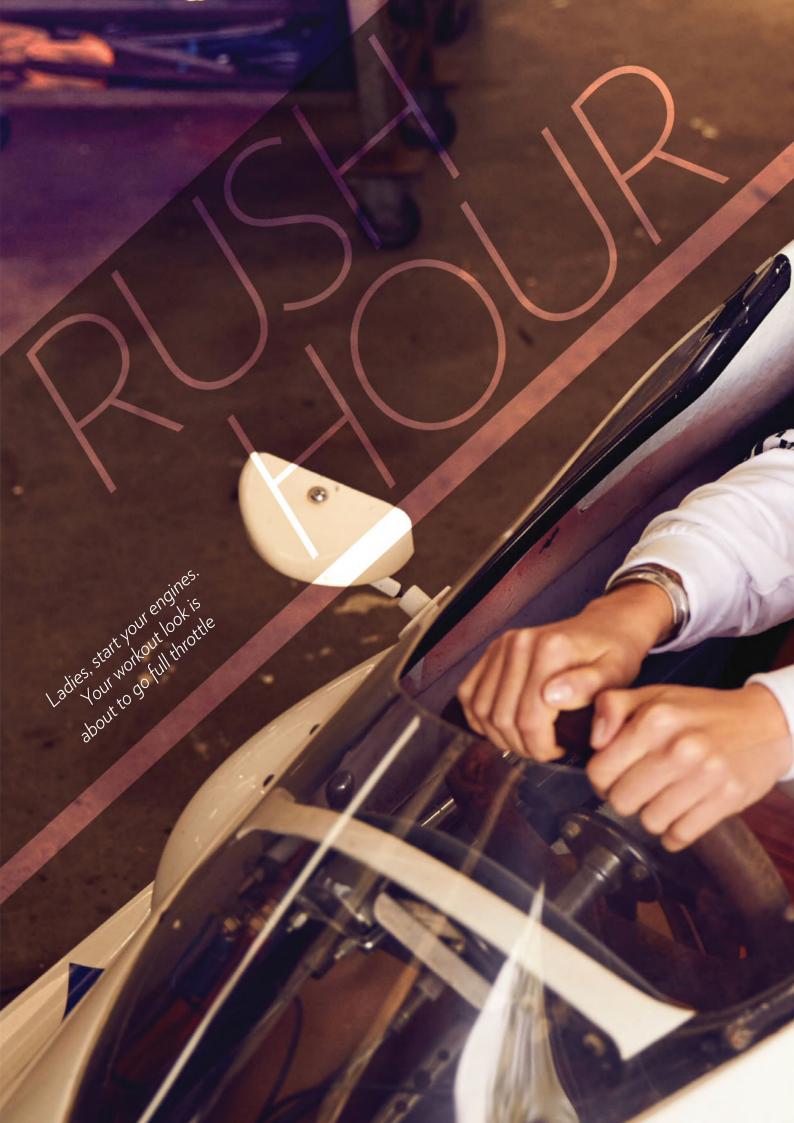




# Spot the difference

The best two words you could ever hear? That'd be 'acne cure' for those of us with the blemish blues, and according to research presented by The Australasian College of Dermatologists, experts might have just found one. Scientists now believe an inflamed immune system could be a culprit when it comes to troubled skin – and it's a problem you can help ease by ditching high-GI foods, such as white bread. If you're stuck on what to eat and what to avoid, download an app like the Low Glycemic Diet Grocery List (\$2.49, iTunes) for a bunch of skin-friendly foods to add to your shopping trolley. M

Kelly had no one fooled she #wokeuplikethis





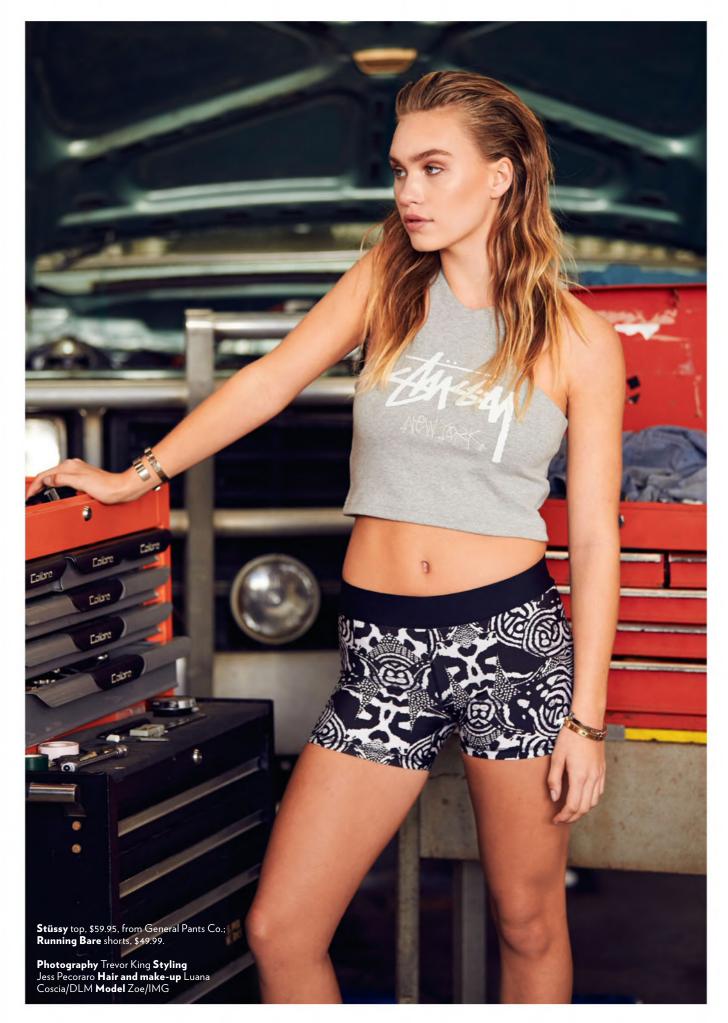












#### ACCORDING TO MANY A PHILOSOPHICAL INSTA POST.

beauty is only skin deep - but this just in: it's kind of not. Sure, heading to a hot yoga sesh wearing three layers of foundation or battling gale-force winds will do some serious damage to your skin's glow factor, but it's what happens inside your bod that matters most. In fact, according to nutritionist Shona Wilkinson, one of the main culprits behind troubled skin is an imbalance in your gut. You know what that means? Your ticket to a radiant complexion might just be a dose of tummy-friendly probiotics - aka, a tub of natural yoghurt.

### INSIDE STORY

Just in case you're not already well-versed on why gut health is such a massive deal, here's a little refresher: Your gut is basically the engine of your body (it's where 70 per cent of your immunity can be found), so when this system is compromised (thanks to stress or a diet high in processed foods), the rest of your bod is put under pressure. When this happens, inflammation often follows, leaving you with some nasty skin woes like acne or rosacea.

Up your levels of friendly gut bacteria, though, and Wilkinson reckons you'll put the brakes on your complexion saboteurs. "Taking probiotics is a key way to support your gut and improve skin health," she tips.



While probiotics - microorganisms that help maintain and restore friendly gut bacteria - are naturally present in the digestive tract, frequent medication use, recurrent illness and stress can lower their numbers (which is probably why you always break out when you're under the pump).

Besides snacking on yoghurt, you can get your fill of these tiny skin saviours from fermented foods such as kombucha, kimchi, miso and sauerkraut. Oh, and if you're loading up on the probiotics, you'll need some prebiotics (special fibres that

reinforce the effects of their biotic cousins), too, which you can find in veggies such as garlic, onion, asparagus and leek.

#### LAYER UP

While feeding your bod a smorgasbord of gut-friendly foods can nix a bulk of your skincare worries, if you can't go past a little topical treatment, listen up. Recent research from US dermatologists has found that in conjunction with a bacterialoving diet, probiotic skincare could also

give your complexion a makeover.

Just like your gut, your skin is teeming with all kinds of microorganisms (gross, we know), and sometimes your immune system goes into overdrive trying to kill the poor little guys. The result? Redness, inflammation and pesky pimples.

By slathering on some probiotic lotions (or even plain yoghurt directly to your skin), though, you can help protect beneficial bacteria and send the nasty kind packing - which is why we've rounded up the best of the bunch to get you started.

# \*In your kit

Introduce the power of probiotics into your skincare regimen with these winning prods...

#### 1 Burt's Bees Intense **Hydration Cream** Cleanser, \$24.99

This calming formula will gently remove make-up and dirt and top up your moisture levels, thanks to some really handy skinplumping probiotics.

#### 2 Nude Advanced Renewal Overnight Repair Mask, \$68

Apply a few layers of this hydrating mask before bed and its probiotic mix will soften your skin and rebalance its levels of friendly bacteria.

#### 3 Medik8 Beta Moisturise Skin **Balancing Mattifying** Moisturiser, \$75.40

Loaded with pro- and prebiotics, this nourishing lotion works to clear congestion by banishing acne-causing bacteria.

#### **4** Clinique Redness Solutions Makeup **SPF** 15, \$50

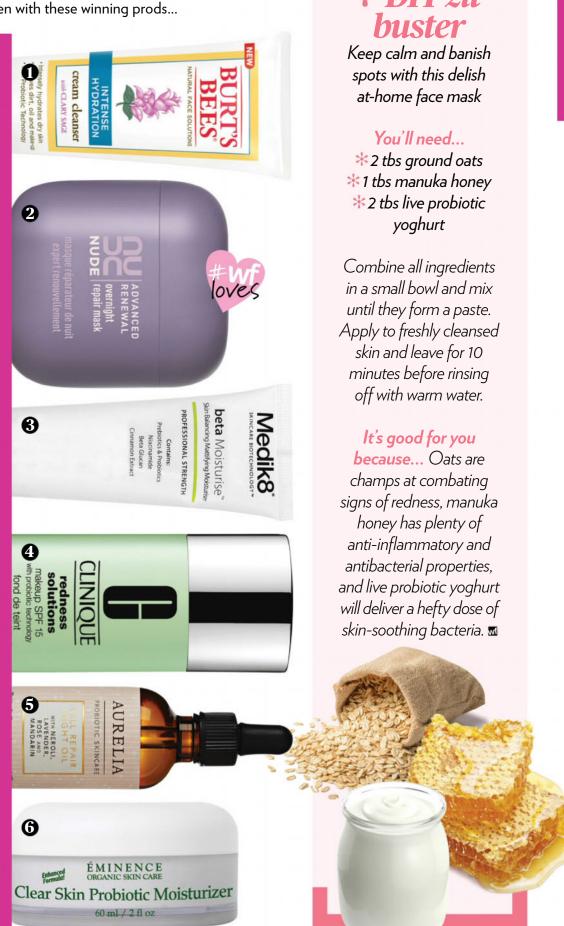
This oil-free foundation will mask redness and coat your skin in a protective layer of probiotics to help guard it against environmental damage.

#### 5 Aurelia Probiotic Skincare Cell Repair Night Oil, \$94

Apply this potent evening elixir to soothe inflammation and strengthen your skin's natural defence barrier.

#### 6 Éminence Clear **Skin Probiotic** Moisturizer, \$102

Soothe blemish-prone skin with cucumber. tea tree, calendula oil and gently exfoliating probiotic yoghurt.









Lululemon crop top, \$59

Keep your eye-catching crop on display by pairing it with a sheer mesh tank



Minkpink Move crop top, \$49.95



The Upside crop top, \$109



Minkpink Move crop top, \$49.95





The Upside tights, \$139





# Great hair... /HR/11(-1-

Perfect your 'do while you sleep with these clever overnight styling hacks

PRESSING SNOOZE ON YOUR ALARM CLOCK for the sixth time in a row might score you a few more minutes of shut-eye, but unless you're blessed with Blake Lively's locks, it won't do you any favours in the hair department. While blending on a little concealer and applying a swipe of red lipstick takes 30 seconds, taming your fringe, cowlick, unruly curls or adding body to your limper-than-wiltedlettuce strands can take an hour - and ain't nobody got time for that. The solution? Prep your tresses before you hit the pillow. Arm yourself with a few nifty products, some expert advice and a couple of bobby pins, and you'll be one nap away from a photo-ready 'do...

# **Making waves**

Skip the surf and score relaxed beachy waves while you snooze

Step 1 "Douse your hair in some sea-salt spray, but don't soak it," says Marc Armstrong, hair director at Sydney's RAW Salon. "Make sure you stay away from the roots, too, as this will only cause frizz." Step 2 Apply a moisturising style cream to your mid-lengths and ends. "This will keep your waves looking sleek instead of dry and hold everything in place," says Armstrong. Step 3 Plait your hair. To create a natural wave, it's best to aim for two or three plaits, but depending on how thick your locks are, you may have more than that. "Remember: the thicker your plaits, the looser your waves," advises Armstrong. Once you've done this, sleep! **Step 4** In the morning, gently run your fingers through the plaits to break them up (the key is not to disturb the shape too much) and voilà! You've got effortless body.

IN YOUR KIT: 1 Oribe Crème for Style, \$53 2 Lady Jayne Softies Brights hair elastics, \$5.59 3 KMS California Hair Play Sea Salt Spray, \$33.95





Give limp tresses some extra oomph and lived-in texture

Step 1 Work a volumising foam or spray into damp tresses from the roots to the ends, then flip your head upside down and blast it with a hair dryer, gently using your fingers to shake it out. Step 2 Once your hair is 90 per cent dry, give it a quick once-over with a brush then gather your locks in a ponytail at the crown of your head and secure with an elastic. Step 3 Twist your hair around the base of the high pony, wrapping it tight until you reach the end and secure with a few bobby pins. Now hit the hay and get some shut-eye. **Step 4** In the morning, unwrap your bun and release your locks, then sprinkle some hair powder over the roots for added grit.

IN YOUR KIT: 1 De Lorenzo Absorb Dry Shampoo, \$19.90 2 Eleven I Want Body Volume Foam, \$20.95 3 Charles Worthington Volume & Bounce Root Lift Backcomb Powder, \$15.99 4 VS Sassoon 3Q Hairdryer, \$169 >

# THE ALL-NIGHTERS

Repair your mane with these overnight beauty saviours



Living Proof No Frizz Leave-in Conditioner, \$34 Banish knots and protect your hair from heat damage with this frizzbuster. It's free of oil and silicone, so it won't weigh down thin strands.

Bumble and Bumble Creme de Coco Masque, \$38 This nourishing blend of mango and shea butter is perfect for a dry, brittle mane that's in need of moisture.

Tigi S Factor Wonderful Tonight, \$45 Give thirsty locks a hydration hit with this leave-in mask. Thanks to the crushed pearl and diamond dust extracts, it'll boost your shine factor.

Charles Worthington Overnight Ultimate Hair Healer, \$19.90 Enriched with argan oil, lime and mandarin, this will leave your locks with a fruity scent and silky feel.

Weleda Nourishing Hair Oil, \$19.90 Massage this deep-conditioning treatment into your scalp and spread it through your strands to soften frizz and restore gloss.

# Classic curls

Wake up with Hollywood curls - no heat required!

**Step 1** "After washing and blowdrying your locks, dampen your hair with a leave-in conditioning spray to prevent frizz," suggests Armstrong. Step 2 Follow with a volumising foam, but use it sparingly. "I prefer a volume foam rather than a regular mousse as it doesn't make the hair dry and sticky," tips Armstrong. Spread the products through with a wide-toothed comb to nix tangles. **Step 3** "Divide your hair into 2cm sections. Starting from the ends, wrap the hair around your index and middle finger, then pin it into a bun using bobby pins," says Armstrong. When you reach your hairline, make sure you twist the hair away from

your face for a more flattering look. **Step 4** After you've scored some zzzs. remove the pins and rake through the curls with your fingers. Use a soft-bristle brush to create some retro waves, or finish with a little hair dust for added volume.

#### **IN YOUR KIT:**

1 Sachaiuan Leave in Conditioner, \$35 2 Joico Body Luxe Volumizing Foam, \$25.95 3 Kevin. Murphy Powder. Puff Volumising Powder, \$36.95 4 Lady Jayne Bobby Pins, \$2.99 (for pack of 50)



# Straight lines

3

Tame kinks and frizz with this guide to poker-straight locks

Step 1 "The trick here is to start with straight hair, so spritz your strands with some heat protectant and then smooth them over with a straightening iron," says Armstrong. This will flatten the cuticle and give you a glossy finish. Step 2 Divide your hair into a half-up, half-down style, creating a bun with the circle of hair near your crown and letting the bottom half hang loose. Step 3 Take a section of loosely-hanging hair from the right side, then, using a bristle brush, smooth it flat against your head, wrapping it round to the opposite ear. "Flatten the ends against your scalp and secure the section with a long bobby pin wrapped in tissue paper," advises Armstrong. The tissue will help to prevent kinks and indentations. **Step 4** Repeat the same process until all of your hair is pushed over to the opposite side, then release the hair around your crown. Smooth the hair backwards with your brush, then wrap it flat against your head like the previous sections. **Step 5** Loosely wrap your head in a silk scarf to minimise friction through the night, recommends Armstrong. When you wake up, unwrap the scarf, remove the pins and brush out each section. "Finish with a gloss spray for extra shine," adds Armstrong.

IN YOUR KIT: 1 Brushworx Caffe Ceramics Porcupine Oval Cushion Brush, \$21.95 2 John Frieda Frizz Ease Heat Defeat Protective Styling Spray, \$16.99 3 Paul Mitchell Awapuhi Wild Ginger Shine Spray, \$32



Step 1 "Start by working a dry shampoo or texturising paste through the roots of your hair to the ends, then brush it through," tips Michael Brennan, celebrity hair stylist and Hanz de Fuko haircare ambassador. Step 2 Smooth your locks behind your shoulders, making sure you remove any tangles, then divide your mane into two even sections using your fingers. Step 3 "Take a small amount of hair from the outside of the two sections and cross them over into the middle," says Brennan. Since you'll be sleeping on this style, it's important the braid is tighter than usual.

Step 4 "Continue taking sections from the

outside and pulling them into the middle

until you reach the end of your locks," adds Brennan. "Then secure with a clear elastic." Step 5 The next day, slightly loosen the braid with your fingers to create a tousled look. If you're after more texture, spread a little styling paste onto your fingers before shaking up the braid.

TIP: Not a master of braids? Use a clear elastic to tie your hair in a ponytail before you start weaving. Once you reach the end, secure the bottom and snip the top elastic with scissors!



GH HOLD | DRY MATTE FINIS

# Beauty

The prettifying products you'll be coveting this month!

#### **BASE WORK**

Scheduled a lunch date after your gym sesh? No sweat! L'Oréal Paris Infallible 24H-Matte Foundation, \$29.95, will keep your skin looking flawless - even after a bunch of burpees.



Score a subtle springtime glow with these bronzing buys



Clarins Radiance-Plus Golden Glow Booster for Body, \$42



Esteé Lauder Bronze Goddess Shimmerina Body Oil, \$80



The Body Shop Honey Bronze Tinted Leg Mist, \$34.95

### **UNDER** CONTROL

Need at least three buckets of hairspray to stop your locks from misbehaving? Teach 'em a lesson with the Moroccanoil Smoothing Lotion, \$53.95, before you pick up the hair dryer.

#### JUST A SPLASH

Banish impurities and calm irritation with La Roche-Posay Micellar Soothing Toning Lotion, \$24.95, then apply a few drops of Clinique Turnaround Revitalizing Treatment Oil, \$60, to soften any rough spots and quench thirsty skin.



LAROCHE-PO



#### **IN BLOOM**

The new season means it's time for a new scent. MOR Rosa Noir EDP 100ml, \$69.95, is a romantic floral fragrance that's perfect for spring - think a bouquet of rose, carnation, freesia and musk.

### True colours

Blondies, grab a bottle of **Joico** Colour Balance Purple Shampoo, \$29.95, to neutralise brassy tones and keep your tresses frizz-free. Or, if you're a brunette, try the Colour Balance Blue Shampoo, \$29.95, to keep your salon colour lookin' fresh





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tray and bonus White Glo
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Rachel, 26 years old on Galápagos Islands €

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mum

Trish had no idea how to snorkel - but at least she looked the part

# Money maker

Sitting pretty on a mountain of unused annual leave? While you might be thinking it's got you on the fast track to a pay rise (because just look at how dedicated you are), it's actually messing up your chances. According to new research by the US Travel Association, people who take their holidays are almost seven per cent more likely to get promoted. Yep. After picking the brains of top business gurus, researchers found that most employers think their staff are happier, more productive and have a better attitude after taking some time off. Well, if you insist... The Bahamas, here we come. M

# You've said 'I do', now set your sights on these heart-racing honeymoons Market 1 do', now set your sights on these heart-racing honeymoons

# THE DATE: SNORKELLING IN FIJI

#### **\*IT'S A MATCH, 'COS...**

Tropical islands are to honeymoons what salt is to caramel - a no-brainer. If you're dreaming of an escape on white-sand beaches fringed with palm trees, Fiji will deliver.

The South Pacific is the kind of place that'll make you want to spend all day in the ocean - and beneath the idyllic surface you'll find plenty to keep you entertained. The islands here are blessed with brightly coloured reefs to snorkel and scuba dive. Not sure where to start? Grab your fins and set sail for the waters off the remote Vanua Levu - you'll feel like the only people on earth as you take in the Rainbow Reef and its neon inhabitants. If you and your hubby are experienced divers, you won't want to miss the incredible Great White Wall of luminescent coral - it's the kind of experience you'll be telling your kids about.

Later, make your way back to your beachfront bungalow (is there any other kind of accommodation in Fiji?) and watch the sun sink with a cocktail in hand. Bliss. \*WHERE TO STAY: The

Mamanucas are a group of tiny, pristine islands that seem made for couples. You'll be spoiled for choice when it comes to resorts, but our pick is the four-star Castaway Island. Shack up in a thatched-roof bure, book a romantic dinner by the water's edge and gaze into your soulmate's eyes as a local serenades you with an acoustic guitar. Aww! \*BOOK IT: taveunidive.com; castawayfiji.com

**RECKON THERE'S ONLY ONE** WAY TO HONEYMOON? No way. If you're a fit, fun-lovin' couple, the traditional fly-and-flop holiday isn't going to cut it. You might be craving quiet time together in your love bubble, but you can do better

than separate sun loungers beside a resort

pool. Instead, strengthen your bond and stockpile precious new memories as you share adrenaline-raising activities and once-in-a-lifetime adventures. Check out these high-octane honeymoon destinations and the activities that'll get your pulse racing as quick as it was on your first date...



# THE DATE: HELI-HIKING IN THE CANADIAN ROCKIES

\*IT'S A MATCH, 'COS... If your online dating profiles said 'loves the outdoors' this adventure is for you. But you can forget about roughing it: on a heli-hiking trip in the Rockies you'll trek mountain trails with ease, thanks to an exhilarating lift from a 'copter.

After you've been dropped off on the mountain top feeling like Beyoncé and Jay Z, wander among the wildflowers and soak up the soulstirring views of snow-capped peaks until your flight arrives to whisk you back to your plush lodgings.

While you're out there in the wilderness, you can visit an ancient glacier, go ziplining or even take a painting or photography class. Talk about getting the family photo album off to a good start...

\*WHERE TO STAY: Book with CMH Summer and you'll spend your evenings relaxing at Bugaboo Lodge, a secluded, newly renovated outpost for outdoorsy types equipped with a rooftop hot tub. Enough said!

\*BOOK IT: canadianmountain holidays.com





# THE DATE: ZIPLINING IN THAILAND

\*IT'S A MATCH, 'COS... Honeymooners head to Thailand in droves, seeking out pristine beaches and luxe resort living on a budget. But if you're looking for a side of adrenaline, it's also the ideal place to get your fix.

The jungle canopies in Koh Samui offer a (love)bird's-eye view of this lush paradise if you're prepared to zoom through the treetops on a zipline. You'll get a rush from the speeds (up to 80km per hour) as you fly down 2000 metres of cables, glimpsing hidden waterfalls and wildlife. After your thrill ride, take a break in that secret rainforest waterfall you spotted from above. Swimming with your bae under a natural cascade? Now, that's romance! \*WHERE TO STAY: Kamalaya Koh Samui is the perfect base. In between kickboxing lessons, yoga classes and spa treatments, retreat to your villa and soak up the island serenity together. \*BOOK IT: canopyadventuresthailand.com; kamalaya.com >



### THE DATE: CYCLING ACROSS SCENIC NEW ZEALAND

#### \*IT'S A MATCH, 'COS...

Devastatingly good looking, challenging and seductive – nope, we're not talking about your better half, but the 310km path that links New Zealand's highest peak, Mount Cook, to the Pacific Ocean at Oamaru, known as the Alps 2 Ocean trail. Enjoy the South Island's spectacular scenery, as you pedal past idyllic glacial lakes, snowy peaks and golden grass fields.

Keen cyclists? Saddle up for the whole lot (it's mostly downhill, after all!), staying in plush eco-lodges and cosy B&Bs, and refuelling with gourmet meals along the way. Or, you can pick and choose the legs you'd prefer - it's easy to split this trip into achievable distances. Of course, it's not all about the amazing natural vistas: this trail is littered with enticing attractions, from cellar doors to outdoor hot tubs (aka, the perfect pit stop for newlyweds). \* WHERE TO STAY: You'll have plenty of options to choose from on your journey, but make Pen-y-bryn Lodge in Oamaru your end-of-trip reward. This luxury historic home only accommodates 10 guests at a time so it'll feel like you're staying in a wealthy friend's elegant manor (complete with snooker room and private chef). \*BOOK IT: alps2ocean.com;

THE DATE: SAMBA ON THE STREETS IN RIO DE JANEIRO

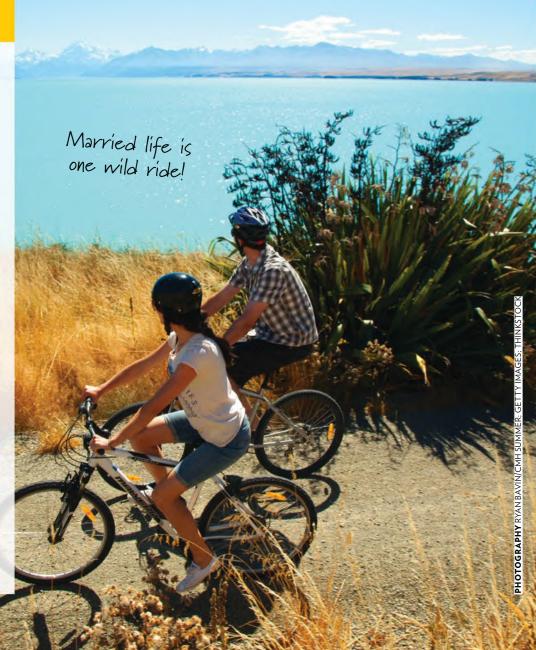
\*IT'S A MATCH, 'COS... You want passion? Rio has it in spades. The smokin' hot city sways to the sexy beat of the samba, so it's the perfect place for couples to find their groove.

Samba is the dance of choice in Rio but you'll find an endless list of styles to get you moving, from salsa to forro (Brazilian swing). Book in for a few beginner classes at Rio Samba Dancer, and when you've got the basic steps down pat, the teachers (and tour guides) will take you out on the town so you can bust a move to a live band.

Want to take the romance up a notch? Make like Daryl Braithwaite and

go riding on the horses, little darling. Rio's forests, beaches and mountains make for dreamy horseback tours, and Vargem Grande, just outside of the city, is known for its riding stables. Saddle up! \*WHERE TO STAY: Waltz the halls of the Belmond Copacabana Palace and you'll be following in the footsteps of legendary dancers Fred Astaire and Ginger Rogers. The luxe '20s Art Deco hotel overlooks Copacabana Beach – make sure you pull up a lounge chair on the sand and order a caipirinha while you're there.

\*BOOK IT: riosambadancer.com; haraspegasus.com.br; belmond.com



penybryn.co.nz

# THE DATE: STROLLING INSORRENTO

#### **\*IT'S A MATCH, 'COS...**

The deep blue Mediterranean sea, sunshine and endless gelato cones are what honeymoons were made for. But it's not all about la dolce vita in Italy – if you're headed to the Amalfi Coast, add 'walk the Path of The Gods' to your to-do list.

This dramatic 10km stretch of coastline, named for the Roman temples that were once perched on the cliffs, offers heavenly views along the mountain path. Yes, it's challenging and steep, but it's well worth the effort as you'll stumble across the real Amalfi that all those tourists headed straight to town miss: think breathtaking views of azure waters, terraced vineyards and quiet, pastel-coloured villages.

and quiet, pastel-coloured villages. To max out this Italian job, extend the walk - you can hike from Amalfi all the way to Sorrento on a self-quided tour of this historic path, staying in villages along the way and feasting on local seafood. \* WHERE TO STAY: Spend a few nights in ritzy Capri after your walk, soaking up the luxury at the cliff-top Hotel Caesar Augustus. This ornate pile complete with doublelevel infinity pool comes with its own kitchen garden, so you know the food will be as good as the view. \*BOOK IT: hiddenitaly.com.au; caesar-augustus.com



canaves.com M

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Step one: make tracks to the Sunshine Coast. WF's Penny Carroll heads to Noosa for a wellbeing upgrade

IT TAKES ALL OF 60 SECONDS TO ACCLIMATISE TO NOOSA - and

I'm not talking about the weather. Sure, the sun is shining and I'm peeling off layers quicker than a kid at a pool party, but the real adjustment is on the inside.

With a satisfying thud I click over to holiday mode the moment I drink in the view of palm-fringed Main Beach from my oceanfront perch at Seahaven Noosa Resort. And really, it's no wonder: this heavenly spot on Queensland's Sunshine Coast has been a holiday destination for, like, ever.

But I'm not in town just for some R&R; I've come to Noosa to change my life. Big call, yes, but as I gaze at the surfers gliding over waves and holidaymakers strolling on the boardwalk, I feel like anything is possible.

It's just as well I'm feeling optimistic -I've only got three days to implement an

> First off the rank? Noosa Running Tours'

upgrade and no idea where to start. What I do have is a team of local heroes to quide me through the life-enhancing process.

Nicola Warman-Flood (noosarunningtours. com.au), who's taking me on a jog in the Noosa National Park. Nothing like a little sweat sesh to put life into perspective, right?

The energetic Nicola (she enters triathlons on a whim, no training required!) has made it her mission to learn the complex network of trails criss-crossing the park - a scenic stretch of bush, beach and rainforest - in order to showcase the natural beauty of the area to fit-focused visitors. She fills me in on Noosa's colourful history as we run down sandy trails, clamber over hidden rockpools and bound through the dense rainforest in our hour-long session, perfectly timed to lead us to the water's edge just as the sun sets. I emerge from the trees puffed but bubbling with excitement - I've just

Nikki over a chilli and coconut margarita at Bistro C, a chic bar overlooking the beach, I kinda struggle to recall why I wanted to upgrade my life in the first place. Oh, that's right - I need more of this feeling in my life.

A fitness expert and lifestyle coach who runs revitalising retreats in exotic locations around the world, Nikki specialises in giving successful people the tools they need to go next level. She's all about little tweaks that have a big impact, and her prescription for me is simple: lunch breaks. Turns out I've been skipping mine for too long. "A 15-minute break is one per cent of your day," Nikki tells me – but added up over a week, a month, a year, those mini pockets of soul time make a big difference.

We discuss strategies for planning my "winning weeks" that will eventually equal an "amazing year", and she urges me to write down the goals I want to achieve, and, crucially, to jot down the excuses I come up with. As I sink into a bubble bath with my notepad later that night, I realise why Nikki

# "Flowing through the energising poses leaves me almost unreasonably happy... I need more of this feeling in my life

smashed 10km of wildly varied terrain, and now the sky is putting on a spectacular pink and gold light show to celebrate. My usual Friday night routine of collapsing on the couch with a DVD is suddenly looking a bit dull... Inspired, I make a mental note to find more time for the great outdoors.

As it happens I fulfil my promise the very next morning, saluting the sunrise with a beachside yoga session. The private class with yogi Sasha Hutchinson comes courtesy of vitality coach Nikki Fogden-Moore, who I'll meet at sundown to plan my life reboot - but first, she wants me to stretch out the everyday stress lingering in my limbs.

Flowing through the energising poses to a soundtrack of waves lapping the shore leaves me almost unreasonably chilled and happy. So when it comes to sitting down with gave me this exercise: excuses lose their potency the moment you put them on paper. The key to bringing your dreams to life, Nikki says, is trusting yourself.

The next morning I'm keen to give some of Nikki's vitality-boosting tips a go, so I rise after hitting snooze just once (a record!) and jog up to the headland to take in the sunrise. I brave the winter chill for a dip in the ocean (unbelievably refreshing) and take my time wandering around the Noosa Farmers Market. There's just enough time to meet Nikki for a farewell latte before I head to the airport, and it's there that she gives me one last, soulstirring pearl of advice that I know will really change my life, if I let it: "Why don't you set yourself a challenge to shine a little more?" she suggests. Challenge accepted. M



### LIVING THE DREAM

Add these must-dos to your Noosa itinerary to recharge your soul



#### **DINE FINE**



#### **HIT RESET**



#### **CHILL OUT**

swanky Hastings Street on the other, so you have the best of both worlds.



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# On Get out there and explore the world! mun

### PINPOINT IT

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# Gletting personal

Check into LUX Resorts & Hotels in either Mauritius or the Maldives (how to choose?!) for a beachy getaway with a side of wellness. The new LUX Me wellness service offers up

> customised health and fitness programs - all with your own personal

wellness concierge. Think nutrition advice, cooking classes, spa treatments (including the exclusive Chinese Zhengliao healing treatments) and sunset

yoga classes. luxresorts.com

If you've been lucky enough to visit the beautiful South Pacific islands of Vanuatu, now's your chance to give something back to the cyclone-devastated country. With resorts reopening and tours back up and running, the Vanuatu tourist board is asking past quests to show their support via a social media campaign. All you've gotta do? Post your old holiday snaps on social media using the hashtag #YourHolidayHelps to get others lusting over this tropical paradise.

discovervanuatu.com.au



Travel fit

Pip and Ben realis they had a stowaway

# #word

We reckon this Bespoke Moments print speaks for itself. It's available in three sizes and awaiting your awesome framing skills. From \$24.95, hardtofind.com.au

Heading off the grid on a camping trip? Stash one of these in your rucksack. The Illumination Mandarin 2.0 solar-powered light will not only save energy, but for every light sold, another is donated to a family living without electricity in a developing country. \$25, illumination.solar



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# Soak

Here's why you should ditch the

**WANT TO KNOW** 

SOMETHING we all have in common? Everybody's been flaking on the same date. No, it's not the hottie you made plans with for Friday night, it's your bathtub. How many times have you promised yourself that you'd light a candle and sink under a layer of bubbles, only to ditch it in favour of a speedy wash and rinse?

Now, we get it: everybody's busy. Our to-do lists might read a little differently, but when it comes to the crunch, we all need to get to work, check emails, call the fam, head to a b'day bash, buy a last-minute present for said b'day bash and still carve out some time to pick up the dry cleaning. But you know something else? We all need to chill out.

"Everyone can feel overwhelmed, overworked and overscheduled at times, but it's important to take a little 'me moment' every now and then - it's a chance to switch off and top up your tank," says Lyndall Mitchell, wellness coach and founder of Aurora Spa.

While getting your fill of 'me time' is easier said than done, giving your body and mind a little love doesn't have to be hard. In fact, sometimes the easiest way is to sit back and do nothing at all - while you soak in the tub, that is.

"Pencilling in a weekly bath is like making a commitment to 'me time'," says Mitchell. "It's difficult to do anything else when you're in the tub, and given we have around 70,000 thoughts a day, this break gives us a chance to replenish our energy and protect our mind."

Finally ready to make good on that raincheck? Try these body-loving bath soaks to get the most out of your hot date.

# The stress buster

Thanks to the calming properties of lavender and chamomile, this cosy bath mix will help you banish bad thoughts and set your mind at ease

#### YOU'LL NEED...

- \*1 cup oatmeal
- \*1 cup baking soda
- \* handful dried chamomile buds (try your local tea store or herbcottage.com.au)
  - \* lavender essential oil

Blitz the oatmeal in a blender until fine. Place the baking soda in a small bowl, then stir in the chamomile buds and oatmeal. Place the soak into a cloth bag and pop it in the tub. Add 10 drops of lavender oil and enjoy!

### The muscle easer

Rich in magnesium and essential minerals, this soothing brew will help melt away muscle strain

#### YOU'LL NEED...

- \*1 cup Epsom salts
- $*\frac{1}{2}$  cup dead sea salts
- (stock up at ahava.com.au) \*1/2 cup baking soda
  - \* clove essential oil
- Sprinkle the salts and baking soda into your bath while the water is running, follow with five drops of clove essential oil, then hop in and let your

muscles relax for 20 minutes.

### The energiser

In need of an afternoon pick-me-up? Give this rejuvenating, tensioneasing salt soak a try

#### YOU'LL NEED...

- \*1 cup baking soda
- \*1 cup Epsom salts
- \*1/4 cup dried peppermint leaves
- \*rosemary essential oil

Combine the baking soda, Epsom salts and peppermint leaves in a warm bath, then add five to 10 drops of rosemary oil.

# The detoxifier

Eliminate toxins and refresh your senses with this cleansing bathtime recipe

#### YOU'LL NEED...

- \*1 cup green tea
- \*1 cup Epsom salts
- \*1 cup baking soda

Brew a batch of green tea and pour it straight into your hot bath. Follow with the Epsom salts and baking soda, then hop in the tub for 15 to 20 minutes.







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COMPLETELY - I've read in that many papers lately that civilisation is approaching a post-male period, women in charge, the end of men entirely, which will be such a shame and never more so than on bin night - it seems sensible to pause our metaphoric treadmills and learn what we can from the way those boys work out.

Because it struck me recently, when the husband and I found ourselves with a childfree day and decided to spend the first hour of it at Pilates, that men approach fitness in a completely different way to women. And with the obvious exception of jogging with no top on, we'd do well to copy them.

When I suggested an hour of mat Pilates, something my husband had never tried, his

with the gentle warm-up series that I could sense him yawning through, the hardcore abs section started and hahahahaha, sorry, I mean... At that point, he realised that 50 reps of knee-to-chest, in plank position, on each side, go, was not the housewife workout he was expecting. He grunted and oof-ed and shook through the whole thing, which is of course, step two to boy-fitness: Finish, no matter how much your biceps are quivering. Your pride is on the line, mister, and no girl instructor in flowery leggings is going to see you fail. (Especially because - boy-fitness step two-point-five - you've stuck yourself in the front row. Where else would you be?)

There happened to be another chap near us, too, and that meant - step three - the class was actually a competition: the

# "Step one to working out like a bro: Expect to crush it. It doesn't matter if you're wrong - my husband certainly was"

immediate assumption was that it would be far too easy for him. Never in my life have I approached a new task - in any category, from fitness to work to mastering liquid liner - thinking, "Far out, this is going to be a cakewalk, give me an actual challenge."

But then, according to the now-famous study quoted by Shezza Sandberg's Lean In, when a man reads a job advertisement listing 10 required skills and he only has half of them, he'll mentally high-five himself and get busy on his CV. Unless a woman has all of them, she won't even apply. Maybe that's a 'girl thing' but like UTIs and baby showers, I've had enough of it. So, step one to working out like a bro: Expect to crush it.

It doesn't matter if you're wrong - my husband certainly was. Once we were done

Pilates world cup, an Olympic qualifier for the 100m table-top. If our rowmate did 10 one-arm press-ups, the huz did 12 and, therefore, obviously, won. Girls are often taught that being competitive isn't very nice, but if there's ripped abs and rock-like glutes up for grabs, should we care about nice?

Afterwards, we went for lunch, and while I dithered over post-exercise reward burger (bad!) or virtuous post-workout green bowl (good!), he ordered what he wanted and ate it without a thought. Because boys couldn't, generally speaking, care less about the goodbad-healthy-naughty-l'm-a-bad-person side of food. Hungry, eat. Not hungry, don't eat, is their way and if that's step four, I want in.

But, I will say this - goal for the girl's team – we look a damn sight better in Lycra. M

PHOTOGRAPHY DAVE WHEELER HAIR & MAKE-UP NICOLE ABELA/RELOAD AGENCY

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